

IRISH ORIENTEERING ASSOCIATION

COMPETITION RULES, APPENDICES, AND GUIDELINES FOR FOOT ORIENTEERING EVENTS

The last published booklet of the Competition Rules, Appendices, and Guidelines was in 2000, and since then they have only been available on the IOA website. With the inevitable additions and amendments over time a web based document that can be printed in total or in part is more appropriate.

The amendments and additions since 2000 were incorporated in 2013 into a single document that also contains the remaining and unamended Rules from the 2000 version. Certain sections need to be revised to bring them up-to-date and certain new sections need to be added. This will be done over time.

In 2013 a more detailed contents section was introduced

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COMPETITION RULES OF FOOT ORIENTEERING

RULE 1. GENERAL

(Formerly Rule 1.1 in the 2002 version of the Rules. Amended March 2010)

R1.1 DEFINITIONS

- R1.1.1 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.
- R1.1.2 This document titled 'Competition Rules, Appendices, and Guidelines for foot orienteering events' comprises the Rules, Appendices, and Guidelines and will hereafter be referred to as 'The Rules'. Where any contradiction arises between a Rule, Appendix, or a Guideline, the Rule shall take precedence. The Rules, Appendices, and Guidelines may be amended from time to time by the IOA Executive Committee.
- R1.1.3 In individual interval start races the competitors navigate and run through the terrain independently.
- R1.1.4 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.
- R1.1.5 The term competitor means an individual of either gender or a group of individuals, as appropriate. The use of the word he in this document shall refer to both male and female competitors.

R1.1.6 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)

team
(two or more individuals collaborate)

- the way of determining the competition result:

single-race competition
(the result of one single race is the final result)

multi-race competition
(the combined results of two or more races, held during one day or over 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 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 control set-up:

traditional

(the controls have codes and the competitor is disqualified for mispunching)

micr-o

(the controls have no codes, there are extra nearby dummy controls, and the competitor receives a penalty for mispunching)

- the length (or format) of the race:

Long distance

Middle distance

Sprint

Other distances

R1.1.7 The term *Federation* (in this case the Irish Orienteering Association) means a full member Federation of the IOF.

R1.1.8 The IOA Guidelines for each event type should be followed. Significant deviations require the consent of the Controller of Technical Standards.

R1.2. DEFINITION OF TERMS

(Formerly Rule 1.4 in the 2002 version of the Rules. Amended December 2010)

The following definitions and interpretations apply to the Rules. Any word or term defined in the Constitution of the IOA takes the same definition in the Rules

- R1.2.1 The term *IOA* means the Irish Orienteering Association
- R1.2.2 The term *IOF* means the International Orienteering Federation, of which the IOA is a member Federation
- R1.2.3 The term *NIOA* means Northern Ireland Orienteering that is a regional association of British Orienteering
- R1.2.4 The word *shall* will be treated as a command in the Rules
- R1.2.5 The word *should* implies a recommendation with which competitors and officials will endeavor to comply
- R1.2.6 *To compete* means to take part in a competition with the competitor's result being used to determine the final position of all competitors in the results. The terms '*competition*' and '*race*' have the same meaning in the Rules the term *non-competitive* refers to a competitor's result not determining the final position of competitors in the results
- R1.2.8 The *competition area* means the terrain on which the race takes place
- R1.2.9 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. It may include more than one competition.
- R1.2.10 An *orienteering club* is an association of persons united in their interest in orienteering and their participation in orienteering activities (although not necessarily exclusively so), for which a written constitution exists, which has been accepted as a valid orienteering club by the IOA, and for which the appropriate affiliation fees are paid up to date. For the purpose of this definition the activities of an orienteering club shall include the practice of orienteering, the organisation of orienteering competitions, the production of maps for orienteering, and the proper administration of the club
- R1.2.11 A *specialist orienteering club* is an orienteering club that confines itself mainly to the activities of orienteering
- R1.2.12 A *non-specialist orienteering club* is an orienteering club that mainly engages in sports and leisure activities other than the activities of orienteering

- R1.2.13 A *closed orienteering club* means an orienteering club which restricts membership to individuals belonging to an institution or organisation (school, college, university, firm or Defence Forces unit or formation) and which does not accept outside membership by invitation
- R1.2.14 An *open orienteering club* means any orienteering club other than a closed club
- R1.2.15 In the Rules any reference to an orienteering club includes closed and open, specialist and non-specialist orienteering clubs unless stated otherwise
- R1.2.16 *Juniors* are individuals who will not have reached the age of 21 on 31 December of the year in question. A *Senior* in a particular year is an individual who is aged 21 years or older on 31st of December
- R1.2.17 A *club member* is a registered member of an orienteering club. Categories of club membership include "senior", "junior", "family" and "group". Senior and Junior members of an orienteering club are individual members of the club. Valid members of a family for the purpose of defining family membership of an orienteering club are the parents or guardians of the family and also children of the family who are under 21 years of age. Members of a group for the purpose of defining group membership of an orienteering club are valid members of the group according to the rules that govern membership of the group
- R1.2.18 *Membership of the IOA*. Every member of an orienteering club is automatically a member of the IOA. An individual may also become a member of the IOA by application to the Honorary Secretary of the Association without becoming a member of an orienteering club
- R1.2.19 *Associate membership of the IOA*. Persons participating in IOA registered competitions and are not members of the Association immediately become Associate members of the Association. Such membership shall expire on the 31st of December each year
- R1.2.20 *Open competitions* are competitions to which entry is not restricted to members of specific clubs or organisations. Such competitions are open to everyone
- R1.2.21 *Closed competition events* are competitions other than *open competition events*
- R1.2.22 A *non-competitive event* is an orienteering event where timing is not employed e.g. introductory or training events
- R1.2.23 *Pre-race information* means information communicated to competitors prior to the day of the competition.
- R1.2.24 *Registration* means the location where competitors may make entries to the race on the day of the competition (if permitted).

R1.3 GENERAL PROVISIONS

(Formerly Rule 2 in the 2002 version of the Rules)

R1.3.1 APPLICABILITY

R1.3.1.1 The Rules in their entirety shall apply to all *open competition events* held in Ireland or elsewhere by the Irish Orienteering Association and to all affiliated clubs and Regional Councils. The Rules shall be binding on all competitors, team officials and all other persons connected with the organisation of the competition or in contact with the competitors.

R1.3.1.2 The Rules and Appendices relating to 'Fairness' (para. R1.3.2), 'Respect for Property and the Public' (para. R1.3.3), 'Event Safety' (para. R1.3.4), 'Doping Control' (Appendix B), and 'Map Registration' (Appendix E) shall apply to all other orienteering competitions i.e. *non-competitive events* and *closed competition events*.

R1.3.1.3 Competitors taking part in competitions to which these Rules apply shall be deemed to have accepted them. Ignorance of the Rules, or any other instructions issued by the Organiser by way of notice (whether by pre-race information or information prominently displayed at the competition), shall not be accepted as a satisfactory explanation of any infringement of the Rules.

R1.3.1.4 Rules may be waived under the following conditions provided the requested deviation from the Rules is reasonable.

- (1) At all *open competitions* where circumstances indicate that it is appropriate for a specific Rule to be waived, the Controller may permit this, provided due notification is given to competitors,
- (2) For all competitions of C2 status or lower, the IOA Controller of Technical Standards may, upon application by a Regional Council, waive or modify any Rule,
- (3) For all competitions of C1 status, the IOF appointed Controller or Technical Director may waive or modify any Rule.

R1.3.2 FAIRNESS

R1.3.2.1 All persons taking part in an orienteering competition shall behave with fairness and honesty. They shall maintain a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. Competitors shall be as quiet as possible in the terrain.

R1.3.2.2 Competitors shall not seek any unfair advantage over other competitors. Specifically, competitors shall not seek unfair help or information from other competitors, team officials, event officials or spectators before or during the competition. Competitors shall not collaborate in any way. Spectators and team officials shall not influence the competition and shall remain in the areas assigned to them. No unauthorised persons shall enter the race area.

R1.3.2.3 In competitions other than mass-start competitions, relay competitions, and races where chasing starts are employed (i.e. races in which the first competitor or team to cross the finish line wins) an individual competitor shall not intentionally run with or behind another competitor in order to profit from his skill. The term chasing start refers to competitor start time intervals determined from a previous competition(s).

R1.3.2.4 Any search for the competition course or inspection of the competition area before the race is forbidden.

R1.3.2.5 A competitor who has trained in an area either

(1) After the area has been published in the IOA Fixtures List or elsewhere as the competition area for a competition of C2 status or above, or for a selection event to the national team,

Or

(2) Knowing that it will be used for such a competition or selection event,

Shall notify the Organiser of the competition, and shall be treated as a non-competitive entrant in the race.

R1.3.2.6 It is forbidden for a competitor to indulge in any form of doping. Appendix B (Doping Control) defines the responsibilities of competitors, officials, the IOA and other organisations with respect to Doping Control in Irish orienteering.

R1.3.2.7 A competitor who is demonstrated to have broken any of the Rules relating to Fairness (para. R1.3.2) shall be disqualified unless there are sufficient reasons not to disqualify.

R1.3.3 RESPECT FOR PROPERTY AND THE PUBLIC

R1.3.3.1 Nothing shall be done to damage the goodwill of landowners, their tenants or agents. Competitors shall comply with all requests made by such persons and notified to them by the Organiser. Respect and consideration shall be shown to all members of the public in or near the competition area.

R1.3.3.2 Competitors and officials shall ensure that every effort is made to ensure that no damage is done to the environment, and shall co-operate with those responsible for environmental conservation. No litter shall be left.

R1.3.3.3 The existence of an orienteering map does not of itself give the right of access to any area.

R1.3.3.4 Prior to the date of the competition the Organiser shall obtain full permission (preferably in writing) for orienteering from the landowners and their tenants or agents, for any land likely to be used by the competition. Any areas for which such permission is not obtained, or is refused, shall be indicated as out of bounds on the competition map. If pre-marked maps are not used competitors shall ensure that they accurately note out of bounds areas given by the Organiser as map corrections.

R1.3.3.5 Competitors shall treat as out of bounds,

- 1 Yards and gardens
- 2 Sown land, or land with standing crops (including hay)
- 3 Railways
- 4 Motorways
- 5 Industrial lands/quarries unless the Organiser has given specific instructions to the contrary.

R1.3.3.6 Competitors shall not enter out of bounds areas and shall be liable to disqualification if they do so.

R1.3.3.7 Any competitor whose right to be in an area is challenged shall stop, explain his presence, comply with any reasonable request (even if this means abandoning a race) and inform the person making the challenge of the location of a responsible official. The competitor shall give an account of the occurrence to the Organiser (or, if he is not available, another responsible official) as soon as possible.

R1.3.3.8 Crossing points shall be used where indicated on the map unless the Organiser has instructed that their use is optional.

R1.3.3.9 Competitors shall take care to avoid any damage, and shall report to a responsible official any damage done or seen to have been done.

R1.3.4 DISPUTES REGARDING THE INTERPRETATION OF THE RULES

(Formerly Rule 1.6 in the 2002 version of the Rules. Amended March 2010)

R1.3.5.1 The IOA Technical Sub-Committee shall decide any dispute regarding the interpretation of the Rules with sporting fairness being the guiding principle.

R1.3.5.2 In the absence of a specific Rule, or Rules required for other orienteering disciplines such as MTBO or Trail-O, then the appropriate Rules of the International Orienteering Federation shall apply.

RULE 2. COMPETITIONS

R2.1 CATEGORIES OF COMPETITIONS

(Formerly Rule 1.5 in the 2002 version of the Rules. Amended September 2008)

R2.1.1 Competitions in Ireland are classified into four categories based on factors such as the importance of the competition, the quality of the map, and the level of organisation required. A competition may be organised as either an open or closed event. They should be planned and organised in accordance with the Guideline for that type of competition.

R2.1.2 Category C1: Open international competitions as approved by the International Orienteering Federation such as The World Orienteering Championships, The World Cup in Orienteering, The Junior World Orienteering Championships, The World Masters Orienteering Championships, The Regional Orienteering Championships, and IOF World Ranking Events.

R2.1.3 Category C2: Irish Championship competitions, Regional Championships, Closed International competitions (e.g. Home Internationals), and Other Major Events. The classification of *Other Major Events* shall be determined from time to time by the IOA Executive Committee. At March 2010, the classified events in this category are the Shamrock O-Ringen and the Irish Three Day. For inclusion of additional competitions in this category, Clubs or Regional Associations should apply to the Controller of Technical Standards.

R2.1.4 Category C3: Competitions in this category include provincial leagues, colour-coded competitions offering six or more courses, including either a Black or Brown, or age classified competitions.

R2.1.5 Category C4: Club Competitions principally designed for the members of the organising club with the format being determined by the club.

R2.1.6 Training events: These are classified as non-competitive events.

R2.2 REGISTRATION OF COMPETITIONS

(Formerly Rule 3.3 in the 2002 version of the Rules. Amended December 2013)

R2.2.1 All orienteering competitions of Category C1, C2, C3, and C4 status to be organised by an IOA affiliated club shall be registered with the Association, in accordance with the procedures set out in Appendix D Registration of Competitions.

R2.2.2 The IOA Fixtures Secretary shall be responsible for the registration of competitions, and the preparation and publication of the IOA Fixtures List. It shall list all competitions registered by IOA affiliated clubs.

R2.2.3 The period of notice for registering competitions prior to their intended date shall be:-

- Category C1 and C2 (Major international and championship competitions) – 24 months
- Category C3 (Regional league competitions) – from 1 June to 30 June for the annual season starting on 1 August in that calendar year
- Category C4 (Club events) – 28 days

To assist in the establishment of national, regional, and club fixture lists for the annual season starting from 1 August it is suggested that clubs, where possible, also register their C4 competitions during June for the following year.

The Fixtures Secretary has the discretion to accept applications that do not conform to these notice Rules although late registrations will be liable for Late Registration Surcharges.

R2.2.4 A competition shall be accepted by the IOA when its registration has been approved by the Fixtures Secretary, and published in the Fixtures List on the IOA website. Approval shall be given on receipt of a completed Competition Registration Form from an IOA affiliated club, and the payment of the required registration fee. It will be subject to Rule R2.2.5 relating to the proximity of competitions, and the club providing their Map Registration Number, or a letter of confirmation from the club that has registered the map with the IOA agreeing to its use by the organising club. Applications with no Map Registration Number shall be rejected except in cases where the map is of an area of 0.5 square kilometres or less, or the copyright is held by a non-IOA Affiliated club.

- R2.2.5 No open C4 (Club) competition shall be registered for the same date and time where its location is within 20k of another C4 competition; or within 100k of a C3 (regional league) competition unless in the former case it is mutually agreed by the clubs wishing to stage competitions within a shorter distance, or in the latter case it is agreed by the appropriate Regional Council.
- R2.2.6 No competitions shall be registered for the same days as the individual foot-O Irish Championship competitions unless agreed by the IOA Fixtures Secretary.
- R2.2.7 No events shall be registered in a Province on the day of the individual foot-O Provincial Championships, or in Munster on the days of the Shamrock O-Ringen or in Connacht on the days of the Irish Three Day unless agreed in writing by the Regional Council.
- R2.2.8 The Irish Championship competitions shall rotate around the four Provinces of Ireland, while the Provincial Championships shall rotate among the IOA affiliated clubs in each Province.
- R2.2.9 No competitions shall be registered on any area where a category C1 or C2 competition is due to be held within the 24 month period immediately preceding the C1 or C2 competition date.
- R2.2.10 Competition registration fees shall be fixed from time to time by the Executive Committee and displayed on the IOA website.
- R2.2.11 If the registration of a competition is rejected, the club making the application has the right to appeal this decision with the IOA Executive Committee.
- R2.2.12 Club training events, where no entry fees are charged, no results published, and is restricted to club members only, shall not be registered with the IOA.
- R2.2.13 Squad (National or Regional) training events may be registered with the IOA.
- R2.2.14 All competitions shall be planned and organised to the standards set out in the Guidelines to the Rules.

R2.3 AGE CLASSES FOR COMPETITIONS

(Formerly Rule 7 in the 2002 version of the Rules, Amended March 2010, December 2010, July 2013, and March 2017)

- R2.3.1 Competitors are divided into classes according to their sex and age. Women may compete in men's classes.

R2.3.2 Competitors orienteering 'ages' are defined as their age on 31 December of the year of the event. Competitors therefore change from one age group to another on the 1st January of the calendar year.

R2.3.3 Competitors aged 20 or younger belong to each age class up to the end of the calendar year in which they reach the given age. They are eligible to compete in older classes up to and including M/W21.

R2.3.4 Competitors aged 21 or older belong to each age class from the beginning of the calendar year in which they reach the given age. They are eligible to compete in younger classes down to and including M/W21.

R2.3.5 The age classes are:-

Men	Women	Age as at 31 December
M10	W10	10 and under
M12	W12	12 and under
M14	W14	14 and under
M16	W16	16 and under
M18	W18	18 and under
M20	W20	20 and under
M21	W21	Open
M35	W35	35 and over
M40	W40	40 and over
M45	W45	45 and over
M50	W50	50 and over
M55	W55	55 and over
M60	W60	60 and over
M65	W65	65 and over
M70	W70	70 and over
M75	W75	75 and over
M80	W80	80 and over
M85	W85	85 and over

- R2.3.6 The above age classes shall be offered at all C1 and C2 events unless prior approval is granted by the Controller of Technical Standards. At the discretion of the Organiser, classes for M/W90 and above ages may be offered.
- R2.3.7 The age classes indicated above may be split further for a competition with an entry concentrated within a narrow age range (e.g. a schools competition).
- R2.3.8 The Organiser, with the approval of the Controller, may decide to amalgamate courses or classes if for instance there are insufficient competitors to provide a good contest.
- R2.3.9 A competitor may compete in any age class more demanding than their own.
- R2.3.10 A competitor may enter and compete in only one age class at any one event.
- R2.3.11 At C1 and C2 Long Distance competitions the provision of non-championship Short courses is at the discretion of the Organiser, but the minimum recommended offering is Men Long, Women Long, Men Short, Women Short, M18 Short, W18 Short, M16 Short, W16 Short.
- R2.3.12 At C1 and C2 Middle Distance competitions the provision of non-championship Short courses is at the discretion of the Organiser, but the minimum recommended offering is Men Short, Women Short, M18 Short, W18 Short, M16 Short, W16 Short.
- R2.3.13 At Middle and Long Distance events of C1 or C2 status, Light Green, Orange, and Yellow Colour-Coded courses should be available for novice pre-entry and entry-on-the-day competitors.
- R2.3.13 For Middle and Long Distance events of C1 and C2 status, Elite courses shall be provided for the M/W18E, 20E, and 21E age classes.
- R2.3.14 For Sprint, Urban, or Night events, no competitors aged at less than 16 years on the day of the competition shall be allowed to compete.

R2.4 IRISH CHAMPIONSHIP COMPETITIONS

(Replaced Rule 6.2 in the 2002 version of the Rules. Amended Dec 2012)

- R2.4.1 Irish Championship Competitions shall be Open competitions.
- R2.4.2 The requirements to be classed as an Irish Champion (M21E and W21E classes for Middle and Long Distance Championships, and M21 and W21 classes for Sprint Championships), or Irish Class Winner (for all other full length classes) are:-

(A) they are an individual, family or group member of an IOA or NIOA affiliated club,

and

(B) they meet either of the following conditions:-

(i) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage in accordance with the Nationality and Citizenship Acts 1956 to 2004,

Or

(ii) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Championship event.

R2.4.3 The title of Regional Champion may be restricted to the members of the actual region.

R2.5 IRISH RELAY CHAMPIONSHIP

(Replaced Rule 6.3 in the 2002 version of the Rules in September 2007. Amended September 2008 and July 2013)

R2.5.1 The following classes shall be provided for:-

Open Premier

Women's Premier

Handicap 6

Handicap 12

Handicap 18

Junior 48

Junior 36

R2.5.2 Teams shall consist of three competitors from the same IOA, NIOA, or IOF affiliated club in the Open Premier, Women's Premier, Junior 48, and Junior 36 classes.

R2.5.3 Combined teams of men and women may compete in the Open Premier, Handicap, and Junior classes.

R2.5.4 The total orienteering age of the three club members shall be 48 years or less in the Junior 48 class, and 36 or less in the Junior 36 class.

R2.5.5 The Irish Relay Championship shall be an open competition with the Irish Champions being the first IOA or NIOA affiliated club team in the Open Premier, Women's Premier, Junior 36 and 48 classes.

To represent an IOA or NIOA affiliated club, all team members shall:-

(A) have been an individual, family, or group member of that IOA or NIOA affiliated club for at least three months immediately preceding the Relay Championship, and

(B) meet either of the following conditions:-

(i) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage, in accordance with the Citizenship Acts 1956 to 2004, or

- (ii) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Relay Championship.

Overseas IOF affiliated club teams may compete in the Open Premier, Women's Premier, Junior 48 and Junior 36 classes provided that all team members are from the same club.

The Handicap 6, 12, and 18 classes have no requirement for all of their members to be from the same club, and as a result no teams in these classes shall be declared as Irish Champion.

It is the responsibility of the club representative completing the Team Registration Form on behalf of an IOA or NIOA affiliated club in the Open Premier, Women's Premier, Junior 36 and Junior 48 classes to ensure that all team members meet the requirements of this Rule.

R2.5.6 An IOA or NIOA affiliated club member who is also a member of an international IOF affiliated club may represent the latter club in the Irish Relay Championship.

R2.5.5 In the Handicap competitions, the handicap points by age class are as follows:-

Orienteering Age Class	Handicap Points
M21	0
M20, M35	1
M18, M40, W21	2
M45, W20, W35	3
M16, M50, W18, W40	4
M55, W16, W45	5
M14, M60, W14, W50	6
M65, W55	7
M70, W60	8
W65	9
W70 or over	10
M80 or over	10

The total handicap points for teams entering the three Handicap competitions are:-

Handicap Class	Total points
6	6 to 11
12	12 to 17
18	18 and over

R2.5.6 To cater for the abilities of competitors of different ages, each Handicap team shall complete a short, medium, and long course, and teams will be advised prior to registration, the order in which these courses will be run.

R2.6 FINANCIAL RESPONSIBILITY

(Formerly Rule 3.1 in the 2002 version of the Rules)

For all competitions the organising club shall take financial responsibility, unless prior agreement has been reached with the appropriate Regional Council or IOA Executive

R2.7 EVENT SAFETY

(Formerly Rule 2.4 in the 2002 version of the Rules)

- R2.7.1 All competitors in any competition to which these Rules apply take part entirely at their own risk.
- R2.7.2 A competitor who has started the competition shall report to the finish, whether or not he has completed the course.
- R2.7.3 A competitor who loses his control card shall report the fact to a finish official.

- R2.7.4 At all competitions the Organiser shall arrange for effective first-aid treatment to be available at the finish, and shall be able to arrange the transfer of any casualty to an Accident & Emergency hospital. A mobile phone shall be available for use.
- R2.7.5 At all competitions the Organiser shall ensure that sufficient help and equipment is available to mount a search for a missing competitor.
- R2.7.6 The course shall be planned so that dangerous features, such as quarries, high crags and deep marshes, and out of bounds areas, can be avoided easily. Dangerous features should be marked with yellow tape if they are in an area likely to be visited by any competitors, and are not already clearly marked as dangerous. Yellow tape shall not be used for any other purpose.

RULE 3. EVENT ELIGIBILITY AND ENTRY

(Formerly Rule 6 in the 2002 version of the Rules. Amended September 2008 and January 2013)

R3.1 Any person may compete in an open competition event to which these Rules apply, subject to any eligibility restrictions in the relevant competition Rules and Guidelines.

R3.2 At Category C1 and C2 events, for which an embargo has been imposed, competitors shall declare themselves as non-competitive if their acquaintance with the terrain would give them a substantial advantage over other competitors. Nothing that occurred before the embargo period shall be taken into account.

R3.3 A competitor is eligible to take part in any open Category C2 Championship competition if:

(A) they are an individual, family, or group member of an IOA or NIOA affiliated club,

Or

(B) they are a member of a club affiliated to another IOF member Federation.

RULE 4. REPRESENTING CLUBS IN COMPETITIONS

(Formerly Rule 6.3 in the 2002 version of the Rules. Amended September 2008 and January 2012)

- R4.1 A competitor, who is a paid up member of a club, shall only represent one open or closed IOA or NIOA affiliated club in club competitions held in Ireland at any one time.
- R4.2 They may simultaneously be a member of an open club and a closed club.
- R4.3 A competitor may transfer between open clubs, provided they give notice of one month to the IOA or NIOA.
- R4.4 A competitor may transfer between closed clubs if he ceases to be a member of their existing closed club, and joins an institution that qualifies them to be a member of a second closed club. One month's notice of the change has to be given to IOA or NIOA.
- R4.5 A competitor shall only represent one club at any competition, except by the agreement of the Organiser.
- R4.6 A competitor may represent an overseas IOF affiliated club

RULE 5. COMPETITION OFFICIALS

(Formerly Rule 5 in the 2002 version of the Rules. Revised March 2017)

R5.1 ORGANISERS

- R5.1.1 The organizing club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line. (The Planner is responsible for all aspects of the competition from the start line to the finish line.)
- R5.1.2 The Organiser may appoint Officials to carry out any of his specified tasks.
- R5.1.3 At multi-day events where an Event Co-ordinator is appointed, the Organisers and Planners of the individual competitions shall be primarily responsible for their stated tasks.
- R5.1.4 The responsibilities of the Organiser include:-
- 1) Ensuring that the competition complies with the IOA Rules, Appendices, and Guidelines.
 - 2) Drafting and updating an event timetable.
 - 3) Obtaining permission for the use of the competition terrain, car parking, and assembly areas, and providing confirmation of insurance cover to the landowners.
 - 4) Liaising with the Mapper, Planner, and Controller, and if appointed the Event Advisor and the Mapping Advisor.
 - 5) Setting up the event website when required.
 - 6) Registering the event with the IOA, and the IOF if required.
 - 7) Recruiting and appointing officials and helpers.
 - 8) Liaising with Planner as to the layout of the venue, and to provide for their requirements.
 - 9) Producing and publishing event information.
 - 10) In the case of pre-entry events, arranging for the receipt of entries and dealing with entry enquiries.
 - 11) Preparing a budget and dealing with the finances of the event
 - 12) Arranging publicity and dealing with the media.

- 13) As safety and welfare of competitors, officials, helpers, and other users of the competition terrain are important factors, a risk assessment shall be conducted by the Organiser in conjunction with the Planner, implementing any mitigating measures, and preparing contingency plans for dealing with missing or injured competitors and officials.
 - 14) Completing and signing the [IOA Risk Assessment form](#).
 - 15) Ensuring that medical facilities are available, and arranging professional medical cover for larger events..
 - 16) Requisitioning the necessary equipment to be used including road and event signage, and electronic punching and timing systems.
 - 17) Dealing with any environmental issues.
 - 18) Arranging for the printing and production of competitors' maps.
 - 19) Arranging a Jury for C1 and C2 events, and forming a Jury if needed at a C3 competition.
 - 20) Preparing the start lists for pre-entry events.
 - 21) Making arrangements for dope testing if required.
 - 22) Managing the competition on the day of the event, including the operation of the start, finish, and production of results.
 - 23) Arranging prizes and a prize giving ceremony when required.
 - 24) Dealing with any Complaints and Protests.
 - 25) Publishing the final results.
- R5.1.5 For any event of C1 or C2 status, the Organiser shall have experience of organizing C1, C2, or C3 competitions, and have shown competence in organising
- R5.1.6 The Organiser shall be a member of an IOA affiliated club.
- R5.1.7 The Organiser should have attended an IOA Organisers course.

R5.2 EVENT CO-ORDINATORS

R5.2.1 For multi-day events, the organizing club, or clubs, may appoint an Event Co-ordinator whose primary functions are to supervise and co-ordinate the arrangements for the individual competitions, ensuring that a similar approach is adopted, and taking responsibility especially for the tasks that are common to all of the events.

R5.2.2 The division of responsibilities between the Event Co-ordinator, the Organisers of the individual competitions, and any other delegated Officials, should be clearly defined.

R5.2.3 The responsibilities of the Event Co-ordinator could include:-

- 1) Ensuring that the competitions comply with the IOA Rules, Appendices, and Guidelines.
- 2) Drafting and updating an event timetable
- 3) Obtaining permission for the use of the competition terrain, car parking and assembly areas, and providing confirmation of insurance cover to the landowners.
- 4) Registering the competitions with the IOA, and IOF if required.
- 5) Liaising with the Mappers, Planners, Controllers, and if appointed the Event Advisor and Mapping Advisor.
- 6) Setting up the event website.
- 7) Producing and producing event information for competitors.
- 8) Recruiting and appointing officials and helpers.
- 9) Arranging for the receipt of entries and dealing with entry enquiries.
- 10) Preparing a budget and dealing with the finances of the event.
- 11) Arranging publicity and dealing with the media.
- 12) Monitoring the risk assessments and the contingency plans for dealing with missing or injured competitors and officials.
- 13) Dealing with any environmental issues.
- 14) Ensuring that medical supplies are available, and arranging professional medical cover for the larger events.
- 15) Requisitioning the necessary equipment.

- 16) Arranging for the printing and production of competitors' maps.
- 17) Making arrangements for dope testing if required.
- 18) Recruiting Jury members for C1 and C2 competitions.
- 19) Publishing the final results and Official's reports.

- R5.2.4 The Event Co-ordinator shall be a member of an IOA affiliated club.
- R5.2.5 The Event Co-ordinator should have attended an IOA Organisers course and should have considerable experience in organizing events.

R5.3 PLANNERS

- R5.3.1 The Planner of a competition shall be appointed by the organising club.
- R5.3.2 The Planner shall be responsible for planning the competition courses in accordance with the Rules, Appendices, and Guidelines for that type of event.
- R5.3.3 The Planner shall be familiar with the principles of course planning as detailed in Appendix A: Course Planning Principles.
- R5.3.4 The Planner should have completed an IOA Planners course.
- R5.3.5 The Planner shall be responsible for all aspects of the competition from the start line to the finish line. (The Organiser is responsible for all aspects of the competition up to the start line and from the finish line)
- R5.3.6 At multi-day events where an Event Co-ordinator is appointed, the Planners and Organisers of the individual competitions shall be primarily responsible for their stated tasks.
- R5.3.7 The Planner's responsibilities include:-
- 1) Ensuring that the proposed terrain is suitable for the planned competition.
 - 2) Planning courses that are fair and safe, and comply with the Rules and Guidelines for that type of competition.
 - 3) Checking the accuracy of the map and arranging any needed changes with the Mapper.

- 4) Choosing and inspecting control sites.
- 5) Arranging the printing and production of competitors' maps and control descriptions. These should be passed to the Organiser when printed.
- 6) Completing a risk assessment with the Organiser, considering the course risks, making any alterations to the courses as thought necessary, implementing any mitigating measures, and preparing contingency plans for dealing with missing or injured competitors and officials.
- 7) Completing and signing the [IOA Risk Assessment form](#).
- 8) Have the courses and control sites checked by the Controller and make any course changes that he thinks necessary.
- 9) Preparing the SI or EMIT control units
- 10) At the time of the event place and retrieve the control equipment.

R5.3.8 For any event of C1, or C2 status, the Planner shall have experience of planning events of C1, C2, or C3 status and should have shown competence in planning as judged by his IOA affiliated club.

R5.3.9 The Planner shall be a member of an IOA affiliated club, and shall be an active orienteer.

R5.4 CONTROLLERS

- R5.4.1 A Controller shall be appointed for all competitions of C3 status or above.
- R5.4.2 The Controller of any competitions of C1 and C2 status shall come from a different club to that of the organizing club.
- R5.4.3 The Controller of a C3 Competition should preferably come from a different club to that of the organizing club.
- R5.4.4 Controllers shall be conversant with the IOA Rules, Appendices, and Guidelines.
- R5.4.5 The Controller shall be responsible for ensuring that the courses are fair, and that the competition is organised and planned in accordance with the competition Rules and Guidelines.

- R5.4.6 If the Controller becomes aware that any breach of the Rules has occurred, or is likely to occur, he shall take whatever action he considers necessary.
- R5.4.7 The Controller may require the Organiser to cancel the competition if conditions warrant it.
- R5.4.8 The other responsibilities of the Controller include:-
- 1) Approving the proposed competition venue and terrain.
 - 2) Approving the competition maps, confirming that they meet the IOF standards, and are of the correct scale or scales.
 - 3) Approving the locations and layout of the start and finish, car parking, and assembly.
 - 4) Approving every control site by visiting each in the terrain, and its control description.
 - 5) Approving the placement of control flags at each control site.
 - 6) Approving the printing and production of the competitors' maps and control description sheets.
 - 7) Checking and advising on all aspects of the organization of the event
 - 8) Checking electronic punching and timing systems.
 - 9) Reviewing and signing off of the [Risk Assessment Form](#) completed by the Organiser and Planner, the safety measures, and the contingency plans.
 - 10) Be present throughout the event.
 - 11) Assess arrangements and facilities for doping testing.
 - 12) Dealing with protests.
- R5.4.9 No more than 3 weeks after a C1 or C2 event the Controller shall send a report to the Controller of Technical Standards. It should include any significant features of the event, and details of any voided courses, complaints or protests.
- R5.4.10 Subject to the procedures detailed in Rules 12 to 15: Complaints, Protests, The Jury, and Appeals, the decision of the Controller in all matters shall be final.
- R5.4.11 The Controller shall be a member of an IOA affiliated club or an IOF affiliated club, and shall be an active orienteer.

R5.5 CERTIFIED EVENT CONTROLLERS

(Replaced Rule 4.3 in the 2002 version of the Rules 2008. Amended September 2002, November 2008 and December 2010)

- R5.5.1 Certified Event Controllers shall be appointed by the IOA.
- R5.5.2 The qualifications of Controllers certified by another IOF affiliated Federation shall be recognised by the IOA.
- R5.5.3 A Certified Event Controller should be appointed by the organizing club for a C3 status competition.
- R5.5.4 To become an IOA Certified Event Controller an individual is required to:
- 1) Have successfully completed an IOA approved Controllers Course;
 - 2) Have controlled at least one competition on the IOA Fixtures List and shown competence in controlling;
 - 3) Have successfully organised at least one competition on the IOA Fixtures List and shown competence in organizing.
 - 4) Have planned a competition of at least C3 event status, and shown competence in planning;
 - 5) Be a member of an IOA affiliated club.
 - 6) Be proposed as a Certified Event Controller by their IOA affiliated club, and their appointment confirmed by the IOA Executive Committee.
- R5.5.5 The IOA Controller of Technical Standards shall maintain a register of IOA Certified Event Controllers.
- R5.5.6 The IOA Executive Committee may remove a Certified Event Controller from the register if circumstances warrant it.
- R5.5.7 A Certified Event Controller who has not acted as a Controller, Planner, or Organiser of a competition of C3 status or higher in the previous five years shall automatically be removed from the IOA register of Certified Event Controllers.

R5.6 SENIOR CERTIFIED EVENT CONTROLLERS

- R5.6.1 The IOA Executive Committee shall appoint a Senior Certified Event Controller for all Irish Championship competitions.
- R5.6.2 A Senior Certified Event Controller shall be appointed by the organizing club for all C2 competitions apart from the Irish Championships.
- R5.6.3 To be appointed as a Senior Certified Event Controller, an individual is required to:-
- 1) Have been a Certified Event Controller for at least three years.
 - 2) Have controlled at least three C2 or C3 competitions on the IOA fixture list.
 - 3) Been proposed to be registered as a Senior Certified Event Controller by their IOA affiliated club, and their appointment confirmed by the IOA Executive Committee.
 - 4) Be a member of an IOA affiliated club.
- R5.6.4 The IOA Executive Committee may remove a Senior Certified Event Controller from the register if circumstances warrant it.
- R5.6.5 A Senior Certified Event Controller who has not acted as a Controller, Planner, or Organiser of a competition of C3 status or higher in the previous five years shall automatically be removed from the IOA register of Certified Event Controllers.

R5.7 EVENT ADVISERS

- R5.7.1 For C1 and C2 status competitions, the IOA Executive Committee may appoint an Event Adviser. He shall be responsible for ensuring that the competition is conducted in accordance with the Rules and Guidelines for that type of competition; and he shall give such guidance to the Organiser, Planner, and other Officials as necessary.
- R5.7.2 The Event Adviser shall immediately report any unresolved dispute with the competition officials regarding the arrangements for the event to the IOA Controller of Technical Standards, who shall decide the matter.
- R5.7.3 The Event Advisor should have considerable experience of organising or controlling C1 or C2 status competitions

R5.8 MAPPING ADVISERS

- R5.8.1 A Mapping Advisor may be appointed by the IOA Executive Committee for all C1 and C2 status competitions.
- R5.8.2 The Mapping Advisor should have considerable mapping experience, and be very familiar with the IOF mapping standards.

RULE 6. TERRAIN

(New – to be drafted)

RULE 7. MAPS AND MAP REGISTER

(Replaced Rule 8 in the 2002 version of the Rules in June 2013)

R7.1 SPECIFICATION

Maps, course markings, and additional overprinting shall be drawn and printed according to the latest versions of the IOF International Specification for Orienteering Maps (ISOM) or the IOF International Specification for Sprint Orienteering Maps (ISSOM) for all competitions in categories C1, C2, and C3. Guidance on the use of their specifications is contained in Appendix E: Maps and Map Registration.

R7.2 MAP REGISTER

R7.2.1 Orienteering maps of areas greater than 0.5 square kilometres, intended for all competitions organised by an IOA affiliated club, shall be registered with the IOA. Maps of areas of 0.5 square kilometres or less shall only be registered if it is intended that the area will be used for competitions of Category C1 (International), C2 (Championship), or C3 (Regional league) status. The area in this context refers to the area of the mapped orienteering terrain and not the area based on the paper page size which will contain the title, legend, and other information.

R7.2.2 The IOA shall maintain a Map Register that shall initially record applications from IOA affiliated clubs of their intention to map a particular area, and shall record the publication of the completed map. The maintenance of the Map Register shall be the responsibility of the Mapping Registrar.

R7.2.3 Once the Mapping Registrar has confirmed to the applying club acceptance in writing of the initial map registration, it confers on that club exclusive Mapping Rights to the area for an agreed period that shall normally be for three years from the application being listed in the Map Register. In special circumstances this period may be extended at the discretion of the Mapping Registrar.

R7.2.4 On the registration of a completed map in the Map Register, the registering club shall be granted by the IOA the Registration Right to hold IOA registered events on that area for a period of five years from that date. This Registration Right of the club shall be further extended to five years from the date of the last open IOA registered competition.

R7.2.5 Two or more IOA affiliated clubs may agree to jointly share an area for mapping and usage. At the time of the initial application to map the area, and at the time of the registration of the completed map or maps, the applying clubs shall provide written confirmation to the Mapping Registrar that they are in agreement with this arrangement.

R7.2.6 The Mapping and Registration Rights to an area granted by the IOA may be transferred from one IOA affiliated club to another, provided written consent is received by the Mapping Registrar. This will be listed to the acquiring club in the Map Register where they will hold the Mapping Right for the unexpired period from the date of initial registration, or the Registration Right for the unexpired period from the date of registration of the completed map, or from the date of the last open IOA registered competition.

R7.2.7 In the event of a club not renewing its affiliation of the IOA, all Mapping and Registration Rights granted by the IOA shall cease to be valid.

R7.3 REGISTRATION FEE

The registration of the intention to map an area using the Map Registration Form shall be subject to a fee that shall be decided from time to time by the IOA Executive.

R7.4 PRE-MARKED MAPS

Competitors at Category C1 and C2 competitions shall receive their maps with their courses and map corrections pre-marked. For these competitions, if a previous orienteering map exists, colour copies of the most recent edition must be displayed on the event or organising club website for all competitors to examine up to the day immediately prior to the event. On the day of a C1 or C2 competition, the use of any map of the competition area by competitors is prohibited until permitted to do so by the Organiser.

R7.5 MASTER MAPS

If pre-marked maps are not used at category C3 or C4 events, competitors may copy their course from master maps either before or after they have been timed as having started. Each master map shall show the course, all relevant map corrections, and the control description list appropriate to the course.

R7.6 MAP SIZE

Large maps should be printed to a size appropriate to the extent of the competition courses.

R7.7 PRINTING AND PAPER

Printing methods and paper specification shall comply with the criteria appropriate to the category of the competition. See paragraph A.E.1.5 Map Printing and Protection in Appendix E:Maps and Map Registration.

R7.8 MAP INFORMATION

All competition maps shall provide the following information:-

Mandatory

- (1) Title name of the map
- (2) The name of the club that has registered the map with the IOA with the notice that it is an affiliated club of the Irish Orienteering Association
- (3) Scale and scale bar
- (4) Contour interval
- (5) Magnetic north lines, and the date of the measurement of the deviation of magnetic north
- (6) Any 'special feature' symbols used with their definition whether or not a full legend is printed.

Desirable

- (1) Date of first publication or date of registration of the completed map with the IOA
- (2) Date of last update of the map
- (3) Name of the holder of the copyright to the printed map and artwork
- (4) Access and permission statement
- (5) Acknowledgement of the source material
- (6) Specification used, ISOM or ISSOM, and version date
- (7) Legend
- (8) Names of surveyor(s) and cartographer(s)

R7.9 APPLICATION

These Rules are subject to the guidelines and processes detailed in Appendix E:Maps and Map Registration.

RULE 8. COURSES

R8.1 COURSES

(Replaced Rule 10.5 in the 2002 version of the Rules in June 2013)

- R8.1.1 The IOF Principles for Course Planning (see Appendix A) should be followed. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques. Courses for short distance shall require, in particular, a high level of concentration throughout the course, detailed map reading and frequent decision making. Courses for classic distance shall require route choice.
- R8.1.2 The course shall be appropriate to the age, gender and standard of competitors expected to take part and should, where relevant, be planned in accordance with the Recommended Race Times and standards of technical and physical difficulty set out in the appropriate Guideline for the particular type of competition.
- R8.1.3 The course lengths shall 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.
- R8.1.4 The total climb shall be given as the climb in metres along the shortest sensible route. The total climb of a course should normally not exceed 4% of the length of the shortest sensible route.
- R8.1.5 Courses should be set so those normally fit competitors can run over most of the course set for their level of ability.
- R8.1.6 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.

R8.1.7 The course Planner shall keep the following course planning factors in mind:

- (1) The unique character of foot orienteering as running navigation.
- (2) Fairness of competition.
- (3) Competitor enjoyment.
- (4) Protection of wildlife and the environment.
- (5) The needs of the media and spectators.

R8.2 RESTRICTED AREAS AND ROUTES

(New – to be drafted)

R8.3 CONTROL DESCRIPTIONS

(Rule 9 from the 2002 version of the Rules)

R8.3.1 CONTROL DESCRIPTION LIST

The purpose of the control description is to give greater precision to the picture provided by the map of the control feature and the site of the marker.

The control description list for individual or relay competitions shall contain the following information:

- (1) Course number or code, unless printed elsewhere on the map.
- (2) Class or classes participating on the course.
- (3) Course length in metres as defined in para. R8.1.3 to the nearest 5 metres.
- (4) For events of C3 Competition status or above, total climb in metres for the route chosen as defined by para. R8.1.4 to the nearest 5 metres.
- (5) Description of Start position and of individual controls in sequence.
- (6) Any special instructions or cautions.
- (7) Length and nature of any marked route during the course, and from last control to the finish.
- (8) Course closure time if not marked on the control card label.

R8.3.2 CONTROL DESCRIPTION PRESENTATION

At C2 Competitions and above the standard pictorial symbols recognised by the IOF (termed IOF symbols) shall be used. At C3 Competitions the IOF symbols should be used. However plain text descriptions shall be provided for M/W10-, M/W12-, M/W14- and Novice courses.

If IOF symbols are used, they shall comply with the specification in Appendix AA.13. If it becomes necessary to use a symbol other than those set out in Appendix , then an example of the special symbol and a detailed explanation of its meaning shall be included in the pre-race information.

If text descriptions are used, a blank line should be left after every third or fourth description.

The control description list may be printed on the map or presented on a separate sheet.

R8.3.3 DESCRIPTION OF INDIVIDUAL CONTROLS

If IOF symbols are used each control shall be described in accordance with IOF descriptions, each column, A - H, of which broadly contains the information listed below. Each section corresponds to a square (greater than 6 x 6 mm when printed) on an eight column grid.

- A. Control number, in the sequence to be visited, unless the competition is a score competition.
- B. Control Code.
- C. Which feature, if there is more than one similar feature within the circle defining the control on the map.
- D. The control feature, as shown at the centre of the circle.
- E. Further information on the appearance or nature of the feature.
- F. Size of feature. Dimensions should be given where the size of the control feature on the map is symbolic rather than to scale. Maximum heights and maximum depths shall be stated in metres (to the nearest 0.5 m for dimensions below 3 m, otherwise to the nearest metre). Horizontal dimensions shall be stated to the nearest metre.

G. Position of the marker.

H. Other important information.

If written descriptions are used sufficient information shall be given to define the control feature clearly.

R8.4 CONTROL SET-UP AND EQUIPMENT

(Rule 10.8 from the 2002 version of the Rules)

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

Each control shall be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165). Other types of marker may be used at non-competitive competitions.

The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag shall be visible to competitors when they can see the described position.

Controls shall not be sited within 30 m of each other. Further, only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60m apart.

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

Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 and numbers easily confused (e.g. 66, 68, 86, 89, 98, 99) may not be used. The figures shall be black on white, between 5 and 10 cm in height and have a line thickness of 5 to 10 mm.

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

In competitions of C1 and C2 status if the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner. At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly marked.

In competitions of C1 and C2 status all controls for which there are security concerns shall be guarded.

At competitions of C1 and C2 status the layout of the control marker, code and marking devices should be the same for all controls. A model control should be displayed at the pre-start.

Except for the exercise of their duty, officials at controls shall not interfere with competitors, nor give any information on times or positions. As far as possible the presence of a control official should not help, hinder or distract the Competitor in any way.

R8.5 PUNCHING SYSTEMS

(Rule 10.9 from the 2002 version of the Rules)

Competitors shall be responsible for marking their control card clearly and in the correct box at each control. A competitor who hands in an incorrect or illegible control card shall be classed as disqualified, unless the Controller is satisfied that the Competitor has completed the course correctly.

Competitors who mispunch at a control shall re-punch in either a box provided for this on the control card or in the highest numbered box if this is not used on the course. The competitor is responsible for reporting the facts to the finish officials.

Control cards should be made from materials that are both waterproof and tear-proof.

A competitor who loses a control card or electronic key, or hands in an incomplete control card, shall be classed as retired unless the Controller is satisfied that the course has been completed correctly.

Competitions that use electronic punching systems shall have a pin-punch on the stake holding the electronic equipment as a back-up. Control cards to be issued to competitors for emergency usage.

RULE 9. THE COMPETITOR

R9.1 DRESS AND EQUIPMENT

(Rule 10.1 from the 2002 version of the Rules)

Clothing shall fully cover the torso and legs. In other respects the choice shall be free. Competitors not complying with this Rule shall not be allowed to start. An exception to this rule is that if the competition area contains little or no undergrowth likely to cause leg abrasions, the Controller may give notice that Competitors are not required to wear clothing that fully covers the legs.

The Controller, having regard to the nature of the terrain or weather conditions, may give notice that a weatherproof garment shall be carried throughout the race by all competitors. In such circumstances a competitor not carrying a weatherproof garment shall not be permitted to start the race.

A whistle should always be carried, and shall only be used in an emergency. Controllers having regard to the nature of the terrain or weather conditions may give notice that a whistle shall be carried by all competitors. In such circumstances a Competitor not carrying a whistle shall not be permitted to start the race.

Competitors shall wear any numbers provided, in the position and manner specified by the Organiser. In particular the name of any Sponsor shown on the number shall not be obscured.

During the competition only the map provided by the Organiser shall be used. The use of any navigational aid other than an IOA approved compass is prohibited

R9.2 CONDUCT DURING THE COMPETITION

(Rule 10.4 from the 2002 version of the Rules)

It is the duty of a Competitor to give help to an injured competitor even if this means abandoning the race.

Shouting and calling are prohibited. Competitors shall not deliberately draw attention to themselves.

Competitors shall follow any reasonable instructions given by Race Officials. Competitors shall show their control card to any Official on request. Competitors shall behave in a courteous manner towards such Officials. Any breach of this Rule may lead to disqualification.

Competitors shall follow in its entirety any compulsory route including that leading from the start or to the finish of the course.

RULE 10. THE COMPETITION

R10.1 ENTRIES

(Replaces Rule 10.1 Entry in the 2002 version of the Rules)

R10.1.1 Entries shall be submitted in accordance with the entry instructions for the competition. An entrant shall provide a minimum of the following information: family name and first name, year of birth, age class or course to be entered, club, contact details and SI or EMIT number.

R10.1.2 A competitor may only enter one age class or course at any one competition.

R10.1.3 The final closing time and date for entries shall be determined by the Organiser and be publically and prominently available in the event details, or at an event where entries are being accepted on the day.

R10.1.4 For C2 championship events, entries shall close at the stated final closing time and date, and no 'late' entries shall be accepted after that time.

R10.1.5 The Organiser shall have the discretion to accept 'late' entries at non-championship events.

R10.1.6 The Organiser shall have the discretion to refuse or revoke an entry, or to allocate a competitor to an easier course if he feels that the entrant would not have the skill and/or physical ability to complete the intended course.

R10.1.7 The final closing date for C2 championship events shall be no earlier than twenty-one days before the day of the competition, or before the first day of a multi-day event.

R10.2 START TIMES AND STARTING ORDER

(replaces Rule R10.2 Start Times in the 2002 version of the Rules)

R10.2.1 In an interval start competition, the competitors on each course shall start singly. For C2 championship competitions the minimum start interval shall be three minutes for Long Distance, two minutes for Middle Distance, and one minute for Sprint competitions. The start interval for all C3 and C2 non-championship competitions shall be determined by the Organiser and shall be no less than one minute.

R10.2.2 In a mass start competition, all competitors on each course, or on all courses, shall start simultaneously.

R10.2.3 In relay competitions, the first leg runners on each course, or on all courses, shall start simultaneously.

R10.2.4 In a chasing start competition, competitors shall start singly and at start times and intervals determined by their previous results.

R10.2.5 At pre-entry interval start competitions the starting order of competitors shall be as detailed in the Guidelines for that type of event, or as given in the event details.

R10.2.6 At C2 championship competitions, all competitors in the Elite classes (M/W 18, 20, and 21) shall start consecutively with an equal start interval and no breaks. The starting order for the Elite classes shall be the reverse of the competitors' ranking as determined by the IOA Selection Committee, with the highest ranked competitor starting last. Overseas competitors may be slotted into the starting order by the Organiser based on their IOF Ranking. Un-ranked Irish and Overseas competitors shall be placed at the beginning of the starting order, with their order determined by a random ballot.

Where two Elite competitors require split start times, one should apply for an early start time where they will be placed in the earlier part of the start list with their start time determined by the random draw of the un-ranked Irish and Overseas competitors. The other Elite should have their start time determined according to their ranking but if the interval between the two Elites is judged to be too narrow, then the second Elite can apply to the Organiser to be started later. The second Elite should be allocated a start time after the highest ranked competitor with an interval of at least double that for the course.

R10.2.7 At C2 championship competitions, competitors on the non-Elite courses shall have their starting order determined by a random ballot. Where competitors have requested an early, middle or late start time, separate random ballot's should be conducted for each section with the competitors who have not requested a particular start block being allocated at random across the three start blocks. The Organiser should determine how these are to be distributed within the overall start window. The start interval for competitors on a particular course should be the same with competitors evenly spread over the start window for the course. The random draw may be in public or in private, and may be made by hand or by computer.

R10.2.8 For a pre-entry interval start competition, other than C2 championship competitions, the starting order for all courses shall be drawn at random. The draw may be in public or in private, and may be made by hand or by computer. The draw should be made in three groups, early, middle, and late with the Organiser to determine how these are to be distributed within the overall start window.

R10.2.9 For an interval start competition, competitors from the same club in the non-Elite classes may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them shall be inserted between them.

R10.2.10 The starting order shall be approved by the competition Controller.

R10.2.11 The start list shall be published no later than three days before the competition and be available for inspection at the enquiry point at assembly and at the pre-start.

R10.2.12 The actual first start time and the start window shall be determined by the Organiser in accordance with the requirements of the competition Guidelines.

R10.3 START

(Rule 10.3 from the 2002 version of the Rules)

At events of C3 Competition status or above, the start and the map issue point or master maps should be sited in such a way that Competitors waiting to start cannot see the route taken by competitors who have started. The courses should be designed so that the competitors are unlikely to return past the timed start on the way to the first control.

At all events of C4 status and above the position of the centre of the start triangle shown on the map shall be identified on the ground by a control marker and be on a mapped feature. Where a map exchange or a 2nd set of Master Maps are used the position of the Start of the next section of the course shall be marked on the ground by a control marker if it is significantly away from the last control.

At events of C2 Competition status or above Competitors late for their starts through no fault of the Organiser should be started as soon as possible but should be timed as if they had started at the time given on the start list. The Competitors' actual start times should be noted and, with the specific approval of the Controller, may be used as a revised start time.

At events of C3 status and below, start officials may, with the approval of the Controller, change the start times.

If pre-marked maps are used, copies of the map showing no information other than any map corrections essential to the competition should be displayed and available for study before the start line.

In individual races competitors should receive their pre-marked maps not more than 10 seconds before the start time. Competitors should check to ensure that they receive the correct map.

At relay events, competitors shall not examine their pre-marked maps until they have started.

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.

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

With the approval of the Controller the Organiser may arrange mass starts for the later legs for relay teams that have not changed over.

If a relay team is disqualified and has accepted its disqualification, or the jury has confirmed the disqualification of the team, no further members of that team shall be allowed to start.

R10.4 OUT OF BOUNDS AND COMPULSORY ROUTES

(new – to be drafted)

R10.5 FINISH AND TIMEKEEPING

(Rule 10.10 from the 2002 version of the Rules)

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

The run-in to the finish shall be bounded by tape or by rope. The last 20m shall be straight. The finish line shall be at least 3 m wide and shall be at right angles to the direction of the run-in. The exact position of the finish line shall be obvious to approaching competitors.

When a competitor has crossed the finish line, the competitor shall hand in the control card including any plastic bag and, if so required by the Organiser, the competition map.

The finishing time shall be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line. Sufficient punching (electronic

or pin) devices shall be made available in order to prevent queuing of competitors on the finish line.

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

For events of C2 status and above two independent timekeeping systems, a primary and a secondary shall be used continuously throughout the competition. The timekeeping systems shall measure times of competitors in the same class relative to each other, with an accuracy of 0.5 seconds or better. The time taken shall be to the completed second.

For events of C2 status and above with mass or chasing starts, finish judges shall rule on the final placing of competitors and a jury member shall be present at the finish line.

With the approval of the Controller, the Organiser may set maximum running times for each class.

R10.6 RESULTS

(Rule 10.11 from the 2002 version of the Rules)

Provisional results should be displayed at the competition assembly area as soon as possible after each competitor has finished.

The official results shall include all participating competitors. In relays, the results shall include the competitors' names in running order and times for their legs as well as the course combinations that each ran.

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

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

In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placing of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams that have changed over and finished in the ordinary way.

Competitors or teams, who exceed the maximum time, shall not be placed.

Final results shall normally be published as soon as possible and sent to all competitors who require them. Results should be posted to competitors, as necessary, and published on the World Wide Web within seven days after the date of the competition, unless the Organiser has previously notified competitors that this cannot be accomplished for valid reasons.

The Results of events of C3 status and above should include the following information:

- (1) Competition Title
- (2) Venue
- (3) Date of Competition
- (4) Organising Club
- (5) Competition Planner(s)
- (6) Competition Organiser(s)
- (7) Competition Controller(s)

The results should also show the length and the height climb of each course.

R10.7 PRIZES

(Rule 2.5 from the 2002 version of the Rules)

Prizes including prize-money may be awarded.

RULE 11. FAIR PLAY

(Introduced January 2017)

- R11.1 All persons taking part in an orienteering competition shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, media representatives, spectators, and the inhabitants and other users of the competition area. The competitors shall be as quiet as possible in the terrain.
- R11.2 Except in the case of an accident or competitors in distress, seeking to obtain or obtaining assistance from other competitors, or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured competitors or those in distress.
- R11.3 Doping is forbidden. The Irish Anti-Doping Rules, as published by the Irish Sports Council, apply to all IOA registered competitions. The Irish Sports Council may require doping control procedures to be conducted.
- R11.4 All officials shall maintain strict secrecy about the competition terrain before the information is publically made available. Strict secrecy about the courses must be maintained.
- R11.5 Any attempt by a competitor 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.
- R11.6 The Organiser may bar from a competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over the other competitors.
- R11.7 Competitors and spectators shall remain in the areas assigned to them.
- R11.8 The event Officials shall neither disturb or detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing, and shall not help competitors approaching controls.
- R11.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the Organiser. A competitor who retires shall announce this at the finish, and shall in no way influence the competition nor help any other competitors.
- R11.10 A competitor who breaks any Rule, or who benefits from the breaking of any Rule may be disqualified.

- R11.11 The Organiser must stop, postpone, or cancel a competition if at any point it becomes clear that circumstances have arisen that make it dangerous for the competitors, officials, or spectators.
- R11.12 The Organiser shall void a competition, course, or age class, in a competition if circumstances have arisen that are significantly unfair.
- R11.13 Participation in betting relating to an orienteering competition is prohibited for competitors, and officials. They are also prohibited from supporting or promoting betting related to the competition. Additionally they must not participate in any corrupt practices related to betting.

RULE 12. COMPLAINTS

(Revised January 2017)

- R12.1 Any competitor or official may lodge a complaint with regards to any competitor or any aspect of the organisation or course planning thought to have materially contravened the Rules or other instructions issued by the Organiser.
- R12.2 A complaint shall be made to the Organiser either orally or by way of the IOA Complaint Form. The Complainant shall be informed about the decision immediately
- R12.3 The Organiser is the adjudicator of a complaint. The Organiser may need to consult other members of the organising team as to the circumstances of the complaint before reaching a decision.
- R12.4 No fee shall be charged for making a complaint.
- R12.5 The Organiser may set a time limit for making complaints.
- R12.6 If the Organiser agrees with the complaint, they shall take the appropriate remedial action. If they do not agree the complainant may make a protest.

See appendix for a copy of the [Complaint form](#).

RULE 13. PROTESTS

(Revised January 2017)

R13.1 A protest may be made against the Organiser's decision about a complaint, or if the Organiser fails to address the complaint in a timely manner.

R13.2 A protest may be made by any competitor or official.

R13.3 A protest shall be made to the competition Controller using the IOA Protest Form.

- R13.4 Any protest shall be made as soon as possible after the decision on a complaint is communicated to the complainant. The Organiser may set a time limit for protests. However if the protest concerns a matter arising from the publication of the final results, a written protest may be made within 7 days of the results being published.
- R13.5 On receipt of the protest, the Controller shall notify the Organiser. If they agree with the protest, the Organiser shall take the appropriate remedial action. If the Controller and/or the Organiser do not agree with the protest, they shall convene the Jury. In the case of a written protest received after the event, the Controller shall notify the Jury members of the protest and provide them with any relevant information.
- R13.6 The jury shall deal with any protest referred to them in the appropriate manner.
- R13.7 No fee shall be charged for making a protest.

See appendix for a copy of the Protest Form [Protest form](#)

RULE 14. THE JURY

(Revised January 2017)

R14.1 A Jury consisting of three voting members shall be appointed to rule on protests.

R14.2 The Jury for a C1 (international) competition shall be appointed in accordance with the IOF Rules.

R14.3 The Jury for C2 level (championship) competitions shall be appointed by the competition Organiser. The Jury shall consist of three IOA Certified Event Controllers, or BOF Grade A or B registered Controllers who are members of

an NIOA affiliated club. The Jury members shall not be members of the organising club.

- R14.4 One of the Jury members shall chair the Jury.
- R14.5 The Organiser and Controller of the event may attend any Jury meeting but they may not vote.
- R14.6 The Organiser shall appoint and announce the Jury for C1 and C2 level competitions at least 7 days before the event. In the event of a Jury member being conflicted as a result of a protest, an alternate Jury member may be appointed after the protest has been made.
- R14.7 For C3 level (league) competitions, a Jury need only be appointed if and when a protest is made. It should be appointed by the competition Organiser and consist of three Certified Event Controllers, at least two of whom should not be members of the organising club.
- R14.8 For C4 (club) events no Jury need be appointed. Any protest shall be resolved by an IOA Certified Event Controller from the organising club but who is not directly involved in the organisation of the event.
- R14.9 The Jury shall meet as soon as possible after the receipt of the protest. The Jury Chairperson shall notify the Organiser of their findings within 7 days of receiving the protest.
- R14.10 Where the protest is upheld by the Jury, or by the appointed Controller in the case of C4 club events, the Organiser shall act in accordance with the Jury's decision e.g. to reinstate a competitor disqualified by the Organiser, to disqualify a competitor, to void the results in a class, or to approve results previously declared invalid by the Organiser. The Organiser shall notify the complainant of the decision. Other competitors who may be affected by the decision should be advised by way of a notice at the event and/or on the event website.

RULE 15. APPEALS

- R15.1 An appeal can be made against the Jury's decision with regard to a protest.
- R15.2 An appeal shall be made within 7 days of the decision of the Jury being announced or communicated to the person making the protest.
- R15.3 For C1, C2, and C3 level events, an appeal shall be made to the IOA Executive Committee.

R15.4 For C4 level events, an appeal shall be made to the executive committee of the club that registered the event.

R15.5 The appeal shall be heard and decided by the appeal body at the earliest opportunity. If the appeal is upheld, the Organiser shall take the appropriate remedial action.

R15.6 The decision of the appeal body shall be final.

R15.7 No fee shall be charged for making an appeal.

APPENDICES TO THE COMPETITION RULES OF FOOT ORIENTEERING

APPENDIX A: COURSE PLANNING PRINCIPLES

(Replaced Guideline 2 Principles of Course Planning in the 2002 version of the Rules in December 2010)

AA1. INTRODUCTION

AA1.1 The purpose of course planning principles is 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.

AA1.2 Courses in all foot orienteering events shall be planned in accordance with these principles.

AA1.3 The term 'orienteering' used throughout this Appendix refers specifically to 'orienteering on foot'. The terms competitor, planner, organizer, and controller means an individual of either gender. The use of the word 'he' in this document shall refer to both males and females.

AA1.4 Course standards are defined by the levels of technical and physical difficulty.

AA1.5 In addition to understanding the principles contained in this Appendix, all planners are encouraged to attend training courses, and to read relevant books and articles on the subject.

AA2. BASIC PRINCIPLES

AA2.1 DEFINITION OF ORIENTEERING

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

AA2.2 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.

AA2.3 THE COURSE PLANNER'S GOLDEN RULES

The course planner must keep the following principles in mind:-

AA2.3.1 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.

AA2.3.2 FAIRNESS

Fairness is a basic requirement in competitive sport. Unless the greatest care is taken at each step of course planning and course setting, 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.

AA2.3.3 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.

AA2.3.4 WILDLIFE AND THE ENVIRONMENT

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

AA2.3.5 MEDIA AND SPECTATORS

The need to give a good public image of the sport of orienteering should be a concern for a course planner at events where a media presence is likely.

AA3. THE ORIENTEERING COURSE

AA3.1 TERRAIN

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.

AA3.2 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.

AA3.3 THE START

The start area should be so situated and organised that 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.

AA3.4. THE COURSE LEGS

AA3.4.1 GOOD LEGS

The course legs are the most important element 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 endeavor to give changes in general direction for consecutive legs as this forces the competitors to reorientate themselves frequently. It is preferable for a course to have a few good long legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

AA3.4.2 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.

AA3.5 THE CONTROLS

AA3.5.1 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 runners coming from different directions cannot be evaluated from the map or control description.

AA3.5.2 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 runners around dangerous or out of bounds areas. Controls can be adjacent to refreshment, press or spectator points.

AA3.5.3 THE CONTROL FLAG

The control equipment must be in accordance with the rules for IOA 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. It should be accessible from all sides and in the case of restricting

features like a crag it should be placed 1m in front of it. 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.

AA3.5.4 FAIRNESS OF CONTROL SITES

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

AA3.5.5 PROXIMITY OF CONTROLS

Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. According to Rule 10.8 controls shall not be sited within 30 metres of each other (15 metres for map scales 1:5000 or 1:4000). Only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60 metres (30 metres for map scales 1:5000 or 1:4000).

AA3.5.6 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.

AA3.6 THE FINISH

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

AA3.7 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.

AA3.8 ROUTE CHOICE

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'.

AA3.9 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.

AA3.10 COMPETITION TYPES

Course planning must account for the specific requirements of the type of competition considered. For instance, course planning for Sprint and 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. Course planning for relays should incorporate a good and sufficient forking/splitting system.

AA3.11 WHAT THE COURSE PLANNER SHOULD AIM FOR:-

AA3.11.1 KNOW THE TERRAIN

The course planner should be fully acquainted with the terrain before he plans the courses. 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 existed at the time the courses are planned.

AA3.11.2 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 his own skill at navigating or on his walking speed when surveying the area.

AA3.11.3 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.

AA3.11.4 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.

AA3.11.5 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.

AA3.11.6 COURSES THAT ARE NOT TOO PHYSICALLY 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. Special care must be taken that the courses for classes M70 and over and W65 and over, are not too physically demanding.

AA4. THE COURSE PLANNER

- AA4.1 The person responsible for course planning must have an understanding and appreciation of the qualities of a good course gained from personal experience. He must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.
- AA4.2 The 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.
- AA4.3 The Planner is responsible for the courses and the running of the competition between the start and the finish line.
- AA4.4 The Planner's work must be checked by the Controller. This is essential because of the numerous opportunities for error, which could have serious consequences for the integrity of the event.

AA5. TYPES OF ORIENTEERING COMPETITIONS

- AA5.1 While the fundamentals of course planning are common for all types of event, different planning styles are required for the different formats.
- AA5.1.1 Long Distance (normal cross-country or 'classic' type events).
The emphasis should be on route choice to test a variety of techniques, and to include long legs, a variety of legs, and direction.
- AA5.1.2 Middle Distance
The emphasis should be continuous map reading, technical difficulty, a high density of controls, many changes in direction, and micro rather than macro route choices. Most suitable for technical terrain.
- AA5.1.3 Sprint
Normally held in urban or semi-urban areas and parkland of moderate technical difficulty as the technical standard is enhanced by the high rate of decision making. The emphasis should be on continuous thinking, fair controls, map reading on the run, map interpretation, and route choice rather than finding controls. A clear and very accurate map, and clear control descriptions are essential. Safety should be a key consideration where traffic may be encountered.
- AA5.1.4 Relays
The aim is to provide head to head racing between teams while maintaining sufficient uncertainty that competitors need to continually map read. All of the teams in a particular class need to cover exactly the same legs in total, but not in the same order.
- AA5.1.5 Night

The emphasis should be on route choice over runnable terrain with the technical difficulty enhanced by darkness. Care should be taken over the fairness of control sites, and route choices.

AA5.1.6 Score

The emphasis should be on the choice of routes with competitors selecting the controls to visit based on the distance and technical difficulty. The challenge is enhanced if it is not possible for competitors to visit all of the controls.

AA5.1.7 Urban or City Races

Similar to Sprint but with longer course lengths, longer leg lengths, and an emphasis on route choice.

AA5.1.8 Ultra-Long Distance

Held over long distances with mostly long legs and complex route choices. There will be a low density of controls and they should be easy to find.

AA6. TECHNICAL DIFFICULTY

AA6.1 The technical difficulty of a course is based on the skills needed to successfully complete it. The aim of the Planner should be that the courses at an event show clearly the progression of technical difficulty.

AA6.2 The technical difficulty of a course is that of its hardest component. For example, a course is of technical difficulty 3 even if only one leg of that course is technical difficulty 3. However, a well-designed course will have most, if not, all of its legs of the required technical standard.

AA6.3 At some locations, the terrain may not be of the highest technical standard and in order for events to take place a compromise has to be accepted. In such areas the Planner must plan at the correct technical level as far as the terrain allows. For example, in an area of technical difficulty 4, then those courses requiring technical difficulty 1, 2, 3, and 4 should be planned exactly to the Guidelines. The courses requiring technical difficulty 5 should then be planned at technical difficulty 4, accepting that they will be less than ideal, but the best that the terrain will allow.

AA6.4 The key criteria in selecting an area are that it can provide:-

- the required technical difficulty,
- courses of the correct length,
- the competitors with an enjoyable experience
- the necessary infrastructure for car parking, assembly, etc.

AA7. DEFINITION OF TECHNICAL DIFFICULTY

AA7.1 DEFINITION OF TERMS

AA7.1.1 Route choice

The option of taking more than one (sensible) route between two controls. For example, this may be taking a long path route versus a direct cross-country one.

AA7.1.2 Decision point

A point at which you can no longer continue in the same direction. A Decision Point on a leg does not imply a route choice. There may only be one obvious route between controls, but this could require the ability to change direction at a number of Decision Points.

AA7.1.3 Attack Point

A distinct feature, for example a road junction, that is close to the control site and from which an accurate compass bearing can be taken.

AA7.1.4 Collecting feature

A large feature beyond a control which, when reached, confirms to the competitor that they have completely passed through an area of ground. A collecting feature is usually a line feature such as a road.

AA7.1.5 Relocating Feature

A distinct feature that may be used by a competitor to relocate his position on the map.

AA7.2 TABLE

The table below defines the planning requirements for each level of technical difficulty (TD), together with the orienteering skills that are to be tested.

Technical difficulty grade(TD)	Controls	Control sites	Leg lengths	O techniques required	Routes & route choice	Re-location
1	Reasonably close together(200m maximum) A control at every decision point Sited in the direction of the next control	Paths and tracks Placed at junctions, crossings, and bends	Similar lengths	Understand map colours and commonly used symbols Able to orientate map Able to make decisions at Decision Points	Along paths and tracks No route choice	Should not be required
2	Fairly close together (350m maximum) Leg lengths should not vary greatly A control is not needed at every Decision Point but there should be no more than two Decision Points per leg	On the line feature along which the competitor is travelling Can be placed on prominent point features on or close to line features	Not to vary greatly	Able to make a decision at a Decision Point without the assistance of a control	All along obvious line features No route choice	Should not be required, but can be done by re-tracing the route along line features
3	More variation in leg length Frequent controls on short courses less so on longer ones	Any line feature, prominent point, or contour feature that can be easily found from an Attack Point on a line feature	Of different length	Basic use of compass to allow short cuts between line features Able to navigate short legs on rough compass bearings to a control, at or in front of a line feature Able to make simple route choice decisions	Simple route choice Along line features to an obvious Attack Point	Should be a collecting feature close behind all controls that are not on a line feature
4	As few as necessary for good planning	Any feature but should not require complex map reading	Of different length	Able to navigate long legs on a rough compass bearing to a collecting feature Able to use an accurate compass bearing on short legs Able to navigate over short distances using simple contour features	Significant route choices encouraging contouring	Collecting features behind all controls Errors should not involve significant time loss
5	As few as necessary for good planning	Any feature particularly those demanding careful map reading No hidden or isolated controls	Of different length Long route choice followed by short intricate legs	Able to navigate over long distances using only major contour features Able to read and interpret complex contours Able to recognize indistinct features Able to concentrate fully over all of the course	Significant route choices	Control sites far from obvious relocating features Errors should be costly in time

AA8. PHYSICAL DIFFICULTY

AA8.1 The nature of the terrain over which the competitors will be running should be considered for all age groups. Areas of dense undergrowth (e.g. rhododendrons), or which are difficult underfoot (e.g. boulder fields), do not test the orienteering skills of 'running navigation' and should be avoided. Steep descents, whilst acceptable for M/W 21 should be kept to a minimum for younger juniors and older seniors. Features such as fences or walls that may be significant obstacles to younger competitors or the less agile should be avoided where possible, or be made more crossable with the use of stiles or ladders.

AA8.2 Courses should be set so that normally fit competitors can run over most of the course set for their level of ability.

AA8.3 The total climb of a course should normally not exceed 4% of the length of the shortest sensible route.

AA8.4 The physical difficulty of courses should progressively decrease as the age of competitors increases. Special care must be taken that the courses for classes M70 and over and W65 and over are not too physically demanding.

AA8.5 The table below defines the different levels of physical difficulty (PD).

Physical difficulty grade (PD)	Climb involved	Type of terrain
1	Minimum of climbing	Paths
2	Some climbing	Paths and forest with no undergrowth
3	Moderate climb	Avoiding green areas, steep descents, and treacherous areas
4	Climbing as necessary but avoiding steep ascents and descents	Avoiding long legs in green areas
5	Climbing as necessary	Chosen so that a fit orienteer can run most of the time

AA9. COLOUR CODED COURSES

- AA9.1 Most of the non-championship regional and club competitions are colour coded classic long distance ones where the competitor chooses the colour course appropriate to their skills.
- AA9.2 The colours attached to the courses range from white (simple and short) to black (complex and very long) with the level of difficulty increasing as the colours darken. The designated colours are white, yellow, orange, red, light green, green, blue, brown, and black, and the level of technical and physical difficulty for each is defined in Guideline 5. Following the guidelines should ensure a consistency of standards at all Colour Coded Competitions.
- AA9.3 A young newcomer would be expected to start on either a White or Yellow course, while an adult novice might be expected to start on an Orange or Red course. As the abilities and confidence of competitors improve they can progress to longer and/or technically more difficult colour courses.
- AA9.4 Competitors of any age can enter any of the Colour Coded Courses but only experienced juniors should be allowed to enter the more technical and physical courses.
- AA9.5 The colour courses offered shall be decided by the organizing club or regional association if the event is part of a regional league.

AA10. PLANNING FOR JUNIORS

- AA10.1 Competitors in the very youngest junior age categories need every encouragement to enjoy the sport, and the feeling of failure engendered by a lengthy spell lost in the forest is a major disincentive to younger competitors. Children are attempting a sport that provides a considerable mental challenge, and the need for courses to match their abilities cannot be over-stressed. Even at large events, designed to find a true champion as the winner, it must be remembered that junior competitors are far more erratic in their performance than seniors. Simple and short courses planned to the correct technical standards and recommended lengths are the only way to produce an evenly grouped results list whilst still finding the true champion.
- AA10.2 Planning the Junior courses is the most difficult task in terms of providing courses of just the right technical and physical level. If conflict between length and technical standard occurs the course shall be to the correct technical standard. The Junior courses should always be taken into

account when locating the start and finish of the event to ensure that these courses are not too long and can be taken through suitable terrain.

- AA10.3 Technical difficulty 1 and white standard colour courses. In some areas, particularly open areas because of the absence of paths, it may still be possible to plan a TD1 or white colour courses of suitable standard by substituting prominent line features such as walls or rivers. If these courses cross open ground without prominent line features the route between the controls should be taped.

AA11. PLANNING FOR OLDER COMPETITORS

- AA11.1 Older orienteers are technically just as capable as M/W21 competitors. It is therefore totally inappropriate to combine their courses with the technically easier Junior courses just because the recommended course lengths are similar, unless the terrain prevents courses of high technical difficulty being set.
- AA11.2 Any restriction on their physical ability relates largely to their speed over the ground. One result of this is in the interpretation of the phrase 'control sites far from obvious re-locating features'. A control that may not be considered far from an attack point or obvious relocating feature by an M21 competitor may impose a significant time penalty for a W55 who has to return to the attack point and make a second approach.

AA12. DECIDING ON COURSE LENGTHS

- AA12.1 For C1 (International), C2 (Championship), and C3 (Colour) competitions, the required lengths of courses are defined by the Competition Rules and Guidelines. In the case of C1 and C2 events the recommended winning times for each class are given, together with the Course Length Ratios that operate off the base of usually the M21E course. For this purpose, course lengths are adjusted for height climb by adding 0.1km for every 10m of climb. The recommended winning time for M21E at C2 events is 90 to 100 minutes, and with the average running speed of winning Irish M21Es' of 5.00 minutes per km the Adjusted Course Length should be 19.0 km for the winner to hit the mid-point winning time of 95 minutes. (This course could have an actual length of 15.0km and climb of 400m) Taking this example a stage further, the Course Length Ratio for W16A, W50L, W55L, and W60L classes is 0.26, and applying this to the base of 19.0km, it would suggest an Adjusted Course Length of 4.9km with an actual course length of 3.9km and a climb of 100m.

- AA12.2 The Guideline for C3 Colour Coded Competitions provides a time range for each Colour course and the expectation is that most competitors should complete the course within that time range assuming they have the expected orienteering skills to complete that standard of course. The expected winning times should be based on the lower end of the time range.
- AA12.3 Various methods are available for deciding on the length of the base course. The main methods are:-
- AA12.3.1 Comparison with previous events. This is fairly straightforward if the area has been used before or the terrain is similar to previously used areas.
- AA12.2.2 Test running – planning a course and then running it. This is often difficult to interpret, as navigating to a feature is generally much easier in an event when there is a flag on it, and running solo tends to be slower than running competitively.
- AA12.4 Applying the course length ratios – points to watch for:-
- AA12.4.1 M21 probably uses the whole area. The shorter courses use only part of it, and this might be more or less runnable, or steeper/flatter, than the average.
- AA12.4.2 Rough terrain has a greater effect on the running speed of younger and older competitors than of M21s.
- AA12.4.3 Older competitors are significantly affected by steep terrain, particularly downhill.
- AA12.4.4 Older competitors find dense tree growth more of an obstacle – suppleness decreases with age.
- AA12.5 Course lengths should not be adjusted to cater for the expected quality of the competitors, e.g. by making a particular course longer because you know that some top orienteers will be entering. Similarly, if the running times on a particular course turn out to be longer than intended simply because the quality of the entry was low, this does not mean that the course was planned too long!

AA13. CONTROL DESCRIPTIONS

- AA13.1 Control descriptions need to be prepared for all courses in accordance with the “International Specification for Control Descriptions” (2004 edition) available from the Document Library section of the IOF website (www.orienteering.org) and also from the Technical section of the IOA website, www.orienteering.ie
- AA13.2 Particular care needs to be taken with Sprint control descriptions where inaccuracy e.g. on the side of a wall, may have a very significant effect on the race.

AA14. ELECTRONIC PUNCHING

- AA14.1 A computer file, which exactly matches the course file, needs to be prepared for input into the electronic results system. The planner will need to liaise with the results team about the way in which electronic course data is to be transferred to the event software.

AA15. SAFETY, RISK ASSESSMENT AND MITIGATION

- AA15.1 The dangers of a particular type of terrain will generally be known to local inhabitants and to local orienteers so check with them, e.g. for old mine shafts etc. Don't assume that all orienteers will follow the best route between controls; even hazards well away from the expected routes should be thought about.
- AA15.2 The Planner must take into consideration all hazards that competitors may encounter. Dangerous features should be marked with yellow, or yellow and black tape, if they are likely to be visited by any competitors.
- AA15.3 The Planner's input into the Risk Assessment should be completed at an early stage e.g. at the draft planning stage.

AA16. PLANNING AND THE MAP

AA16.1 COURSE DRAWING

- AA16.1.1 Courses may be prepared by computer using a variety of course drawing software. Whilst the detail of operation of them may be different the principles remain the same.
- AA16.1.2 The courses file is likely to go through several versions in the lead up to the event and the Planner and Controller should agree on a version control procedure to prevent old versions being mistaken for the current one.
- AA16.1.3 All data, courses for printing, loose control descriptions, maps for control hanging and checking etc. shall be generated from the same version of the same file.
- AA16.1.4 Representative courses should be checked independently to ensure that the length calculated by the software system is correct.
- AA16.1.5 Late changes should be avoided. If these are necessary additional checks should be included
- AA16.1.6 Care needs to be taken that the map detail which is clear on the computer (e.g. at x8 magnification) is as clear on the printed map.
- AA16.1.7 Physical checks of maps are still necessary (e.g. overlapping block colours) and the Controller may ask to see proof copies of the map before printing is approved.
- AA16.1.8 Course markings on the map are to be in accordance with the IOF 'International Specification for Orienteering Maps 2000 (ISOM) and for Sprint events in accordance with the IOF 'International Specification for Sprint Orienteering Maps 2007 (ISSOM) Both are available from the IOF website at www.orienteering.org (go to Document Library > Rules and Guidelines > Mapping Standards)
- AA16.1.9 The courses and map corrections shall be printed in purple (red/violet) colour. All line thicknesses should be 0.35mm. The course drawing software should do this automatically but this should be confirmed nevertheless.
- AA16.1.10 The starting point of the course shall be marked by an equilateral triangle of side 7mm which points towards the first control. The centre of the triangle shows the precise position of the start point.
- AA16.1.11 The site of each control shall be shown as the centre of a circle of 6mm diameter. The circle should be broken to avoid obscuring important detail. If the control feature is shown on the map symbolically rather than to scale, the circle should be drawn so that

the symbol lies exactly at the centre. For example, this means that if you use the east side of a dot knoll as a control site then the circle should be drawn around the middle of the symbol, not the east side of it. However, a feature such as a knoll shown by a ring contour (i.e. hill) is drawn to scale and the centre of the circle shall be drawn where the control site is (e.g. N side) rather than at the centre of the ring contour.

- AA16.1.12 The position of the finish shall be shown as the centre of two concentric circles of diameter 5mm and 7mm. Where a course uses two or more maps with map exchanges then the finish should be shown on all maps.
- AA16.1.13 If the controls are to be visited in a prescribed order they shall be numbered in that sequence. The numbers shall be printed on a north-south axis, with the top north, and should be positioned so that they do not obscure any important detail.
- AA16.1.14 Control numbers should be positioned so as to obscure as little map detail as possible but close enough to the circle to avoid ambiguity. Particular care should be taken when controls are close together e.g. crossovers, and where there is possibility for confusion e.g. control numbers 6 and 9 being close together.
- AA16.1.15 If the controls are to be visited in a prescribed order they shall be joined by straight lines. These lines should be broken to avoid obscuring important detail, diverted to meet up with compulsory routes, broken or diverted to indicate compulsory crossing points, and broken or diverted to avoid lakes, 'out of bounds', or other areas that cannot be crossed by competitors. If necessary, lines joining controls along tracks should be offset.
- AA16.1.16 where lines joining controls cross one another, it is the convention to break the line which joins the controls to be visited later in the course where it crosses the "earlier" line.
- AA16.1.17 The convention for Sprint events is that the lines drawn between control circles are not broken or diverted around impassable objects but go straight across them instead.
- AA16.1.18 Any part of the course where the competitor is obliged to follow a compulsory route shall be clearly and precisely indicated on the map by a dashed line.
- AA16.1.19 Forbidden routes (e.g. busy roads, railways) shall be shown by a chain of crosses.
- AA16.1.20 Uncrossable boundaries (ones which are forbidden to cross and described as "impassable" on Sprint maps) which affect the course, should be indicated by overprinting the mapped feature with a solid purple line, except on Sprint maps where solid overprinted lines are only used where a boundary has changed from being passable to

impassable and the map does not show this. Crossing points shall be indicated by curved brackets.

AA16.1.20.1 Whether crossing points are mandatory or not needs to be unambiguous both in the event details and on the map

AA16.1.20.2 where there is only one valid option for crossing an uncrossable boundary, the line between controls should be bent to this point. In this instance there should be no advantage to be gained by not using the crossing point and it is unlikely that the previous control will be more than 100m before the boundary. If in doubt consider placing a control at the crossing point.

AA16.1.20.3 Where there is more than one option for crossing the uncrossable boundary, the line between controls should be broken either side of the boundary. Sufficient crossing points should be provided such that there is an option on all likely route choices and no competitor will gain an advantage by not using a crossing point.

AA16.1.21 The dimensions of the course overprint symbols on 1:10,000 (or larger scale) maps should be as defined in AA16.1.9 to 16.1.12 above. However, for competitions in which both 1:10,000 and 1:15,000 maps are used, the size of the symbols on the 1:10,000 maps may be 150% greater than on the 1:15,000 maps. Factors to consider are:-

AA16.1.21.1 Symbol enlargement allows the control descriptions to be the same on both the 1:15,000 and 1:10,000 maps.

AA16.1.21.2 Some courses, such as White, and some types of event, such as Sprint races, may have controls relatively close together. Enlarged circles might overlap to an unacceptable degree.

AA16.1.22 Editing, which will also include the breaking of control circles and connection lines, should be an important part of the process of preparing the master course overprint file. Time should be allowed for this in the planning timetable.

AA16.1.23 Maps should be clearly identified by course number and/or title so that competitors can identify their courses.

AA16.1.24 If maps are not printed on waterproof material they should be protected by a sealed plastic covering of at least 250 gauge (or a heavier gauge if the map unit size exceeds A4).

AA16.2 MEASUREMENT OF DISTANCE AND HEIGHT CLIMB

- AA16.2.1 Course length is measured as defined in Rule 8.1.3, and quoted to $\pm 0.1\text{km}$ (e.g. 5.5km, not 5.50km). This is the shortest route which a competitor could reasonably possibly take, irrespective of whether or not the competitor would be sensible to do so.
- AA16.2.2 Height climb is measured as defined in Rule 8.1.4, and quoted to $\pm 5\text{m}$. That is, it is measured "along the shortest sensible route", which may well be longer than the route used for measuring the course length. This is not necessarily the "optimum route", nor is it necessarily the route which the planner would take; it is simply the route extended to avoid those hills/valleys etc. which all competitors will also avoid. The intention is to give a figure which is representative of the climb a competitor would actually undertake. As a rule of thumb, if a competitor will go over it, count it in; if you're not sure whether they'll go over it, count it in; only discount it if you are certain that all the competitors will go around it.

AA16.3 MAP CORRECTIONS

- AA16.3.1 If corrections have to be made to the map subsequent to map printing, copies of the map showing no information other than any map corrections essential to the competition should be displayed and available for study before the start line or they should be displayed in the start lanes and if possible overprinted on the competitors map. An adequate number of maps detailing the 'map corrections' shall be made available.

AA16.4 THE START

- AA16.4.1 The position of the centre of the start triangle shown on the map shall be on a mapped feature and identified on the ground by a control flag. For TD1 and TD2 courses this feature will need to be a path or similar feature; also it shall not be at a junction or intersection, as this would require the beginners to decide which way to go without knowing where they have just come from.

AA16.4.2 Where a map exchange is used the position of the start of the next section of the course shall be marked on the ground by a control flag if it is a significant distance away from the previous control site.

- AA16.4.3 The position of the start flag or master maps should be such that competitors waiting to start cannot see or have minimum visibility of the route taken by competitors who have started. The map issue point should be such that all competitors will visit the start flag.
- AA16.4.4 The courses should be designed so that competitors are unlikely to return past the start on their way to the first control site.
- AA16.4.5 For larger competitions with chasing starts, the Pre- start and start needs to be of sufficient size to accommodate the increased number of competitors.

AA16.5 THE FINISH

- AA16.5.1 It is important to ensure that the Finish is easily located. "Navigate to Finish" should not be used except for score events where the Finish will normally be next to the start. In other cases, there should be an ordinary last control and then a taped route, which can be just a few metres, to the Finish.
- AA16.5.2 As a minimum the Finish should consist of a punch unit and control flag, preferably with a prominent Finish banner. There should be no possibility of a competitor being unable to find the Finish after they have visited the last control.
- AA16.5.3 The Finish should be manned as it may often be the first place where a competitor can report that an injured competitor needs urgent assistance or a problem with the course.

AA16.6 CONTROL SITE LAYOUT

- AA16.6.1 The control flag should be visible from all directions of approach unless the control description indicates otherwise. Control flags should be sited so that the absence or presence of another competitor does not affect the difficulty of locating the control.
- AA16.6.2 Punching stations should be clearly visible and easily accessible from the control flag.
- AA16.6.3 Marking devices should be positioned in such a way that competitors may endorse a control card attached to any reasonable part of their clothing. A backup system shall be provided should the electronic system fail. For SI this is usually a pin punch and for EMIT a paper card in the brick. However, this is optional for C3 & C4 events.

- AA16.6.4 At C1 and C2 competitions the layout of the control flag, control code, and marking devices should be the same for all controls. A model control shall be displayed at the pre-start.

AA16.7 PROXIMITY OF CONTROLS

- AA16.7.1 There is usually little point in putting controls closer than 30m apart (15m for Sprint Competitions) – competitors are, in effect, navigating to the same point. An exception might be e.g. when one control is on a point feature, used by a technical course, the other on a path junction on a TD1 or White colour coded course.
- AA16.7.2 The 60m limit may be breached for the younger junior courses e.g. when two successive decision points come close together but this will require the circles to overlap even at 1:10,000, so consider taking the course elsewhere particularly if the course is not being overprinted.
- AA16.7.3 Care should be taken when interpreting 'features which appear similar in the terrain', e.g. paths and rides are obvious ones not to mix, but some vegetation boundaries have faint paths along them (or develop them as the competition takes place). 'Similar features' does not just mean those mapped with the same symbol: it is not fair, for instance, to use both a fence and a ruined fence. Neither is it acceptable to claim that e.g. 'boulder (2 m) NE side' and 'boulder (1 m) SW side' are different: they are both boulders.

AA16.8 CONTROL SITE SELECTION

- AA16.8.1 Consideration should be given to the fairness of control sites

AA16.8.1.1 The control site should be uniquely described

AA16.8.1.2 The control feature should be visible from within 10m or 10% of the distance from the nearest attack point.

AA16.8.1.3 For fairness, the visibility of a 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. Thus control flags should normally be placed on the rim of pits or small depressions, and not “hidden” at the bottom.

AA16.8.1.4 Particular care should be taken over the fairness of controls in low visibility/ “green” forest

AA16.8.1.5 Spectator controls need to be chosen to give ready visibility to the maximum audience. A return to the Assembly area works well but care needs to be taken that competitors can enter and leave without confusion.

AA 16.8.1.6 Drinks points and road crossings need to be established early in the planning process in conjunction with the Organiser.

APPENDIX B: ANTI DOPING

(Replaced Appendix B Doping Control in the 2002 version of the Rules)

The anti-doping rules of the Irish Orienteering Association are the Irish Anti-Doping Rules as published by the Irish Sports Council as amended from time to time.

APPENDIX C: GOOD ENVIRONMENTAL PRACTICE

(New – to be drafted)

APPENDIX D: REGISTRATION OF COMPETITIONS

(Introduced after 2002. Amended December 2013)

AD.1 GENERAL

All competitions organised by an IOA affiliated club must be registered with the IOA in accordance with Rule R2.2. The only exceptions will be club and squad training events where no entry fees are being charged, no results are published, and in the case of the former are limited to the members of the club.

One of the purposes of the registration process is the establishment of a properly structured fixture list for national, regional, and club competitions for the annual season starting on 1 August in each year.

To provide a complete record of orienteering competitions, clubs are required to publish the results in the results section of the IOA website.

The contents of this Appendix should be read in the context of Rule R2.2
Registration of Competitions

AD.2 REGISTRATION

Competitions of Category C1, C2, C3, and C4 status shall be registered with the IOA Fixtures Secretary using the Competition Registration Form that is available at <http://orienteering.ie/fixture/info> and should be sent by post to the address of the Fixtures Secretary available on the fixtures section of the website.

The schedule of registration fees is published on the fixtures section of the website together with payment instructions.

To assist in the establishment of national, regional and club fixture lists, applications for the registration of C3 and C4 competitions for the annual season starting on 1 August may be made from 1 June in that calendar year.

Provided the Competition Registration Form is completed correctly, the correct notice period is given, the competition complies with the Rules relating to the proximity of competitions, and the Club holds the IOA mapping and usage rights to the competition area, or have obtained the permission from the club or third party that does, the competition shall be approved by the Fixtures Secretary and added to the Fixtures List on the website.

The Fixtures Secretary has the discretion to accept applications that do not conform to the notice Rules although late registrations will be liable for Late Registration Surcharges.

AD.3 APPEALS

If an application for the registration of a competition is rejected by the Fixtures Secretary the club will be notified within 14 days of its receipt and the reasons for this. The club may appeal this decision with the IOA Executive Committee.

AD.4 RESULTS

The results of all registered competitions shall be published on the results section of the IOA website and can be uploaded by following the instructions at www.orienteing.ie/result

APPENDIX E: MAPS AND MAP REGISTRATION

(Replaced Appendix 3: Registration of Orienteering Maps in the 2002 version of the Rules in June 2013)

AE.1 THE ORIENTEERING MAP

AE.1.1 GENERAL

The quality of the competition map is very important to the overall experience and enjoyment of the sport of orienteering. It is essential therefore that all maps accurately and consistently reflect the terrain in which the orienteering competition takes place. An accurate and consistent map will afford the planner the opportunity to set challenging and fair courses and from the competitors' point of view an accurate and legible map is a reliable guide to route choice to suit their navigational skill and physical ability.

AE.1.2 SPECIFICATION

Any orienteering map used for a competition shall comply with the relevant International Specification for Orienteering Maps published by the International Orienteering Federation (IOF). International specifications have been produced for Foot Orienteering maps (ISOM) and for Sprint Orienteering maps (ISSOM) and are available to download from the IOF website.

The most up-to-date version of the IOF specification should be used. Some minor deviations as outlined in this Appendix may be necessary to improve the overall quality of the map. Examples of such deviation would relate to the use of special symbols, the scale of the map and the printing method used. Where symbols differ from or are additional to those specified, these shall be clearly shown on the map and notified in the pre-event details.

AE.1.3 MAP SCALE

The map scale should be suitable for the competition type and the terrain. Recommendations on suitable scales are contained in the ISOM and ISSOM. In general, terrain that cannot be legibly presented at a scale of 1:10,000 may not be suitable for Foot Orienteering. The ISOM recommends a scale of 1:15,000 for elite championship competitions. However a scale of 1:10,000 or 1:7,500 may be necessary on very detailed or complex terrain. Sprint Orienteering maps, by the nature of the terrain that is most suited for this type of orienteering, need to be at a scale of 1:5,000 or 1:4,000.

While the mapper (i.e. the person or persons responsible for producing the map) may decide on an optimum scale for an orienteering map, the competition planner and controller must be satisfied that the map and map scale are suitable for competition purposes. It is likely that for some competitions, a number of different maps scales may be necessary, and where 1:15,000 maps are used for a foot orienteering competition, 1:10,000 or 1:7,500 scale maps will be required for senior and junior classes.

AE.1.4 MAP SIZE AND LAYOUT

The area of the terrain covered, the map scale, and course configuration and length will determine the size of the finished map. However, for ease of handling by the competitor, orienteering maps should in general not exceed A3 size to International Standard (ISO) 216, and in many cases A4 size should be sufficient.

Where possible, the layout of the map should include a map legend. This is particularly desirable for junior or novice competitors who may not be fully familiar with the ISOM symbols and colours. The legend should include the principal symbols and colour screens along with a description of any special symbols used.

The orienteering map should be oriented in such a way that the competitor can easily determine the North-South direction. For this purpose the map must contain magnetic north lines at the ISOM recommended spacing. In general, the sides of the map should be parallel to the magnetic north lines. However, in some instances, it may be desirable to orient the map other than to magnetic North. The magnetic grid lines and north direction arrows shall always be clearly shown. For national and regional championships (Category C2 events) the map orientation should always coincide with the magnetic north direction.

The map layout should allow for sufficient space to show the course control descriptions, without obscuring any detail essential to the competitor in navigation or route selection and preferably without obscuring the map legend.

The scale of the map and the contour interval should be clearly indicated. The map may also include additional information such as place names, and any other relevant information. It should include the name of the map and the Club, together with the date first printed and used for an orienteering competition, and the date of the latest update. The location of the main access point should be clearly identified by reference to the Irish National Grid (Refer to Rule R7.8).

AE.1.5 MAP PRINTING AND PROTECTION

Orienteering maps should be printed on good, and preferably water resistant, paper, having a weight of 100-120 g/m². The orienteer expects the map to be reasonably durable and that it will remain intact and legible for the duration of the competition. While water resistant paper or enclosure of the map in transparent plastic will provide a good degree of protection against adverse weather conditions, the competitor is also required to take reasonable precautions to maintain the integrity and legibility of the map.

In all cases, and as far as is reasonably practicable, the finished map should possess the colour quality, sharpness and clarity required to enable the orienteer to read and interpret the map, and thereby the terrain, at competition speed.

Printing techniques have improved considerably in recent years and it is now possible to produce high quality maps in relatively small quantities, at reasonable cost. It is now normal to professionally print the course maps for competitions. The previous practice of course overprinting is now largely redundant.

The ISOM specifies colours and colour screens (density of lines or dots) for the finished map. These can best be achieved by traditional spot printing. However it may not be practical or cost effective to use this printing method for most competitions.

Four-colour offset printing (CMYK) may be an option but it is more likely that laser printing will provide the best solution, particularly where there are a large number of courses, many with very few competitors. Inkjet printing may also be considered, particularly for club training events, but the results may be less satisfactory and the map will always need to be protected from moisture.

While it is possible to produce high quality colour prints using home equipment, it is generally advisable to use the services of a reputable commercial printer who has experience of the specific print requirements for orienteering maps. While printing waiting times have been reduced considerably, sufficient time should be allowed to enable the maps to be checked prior to the competition and for any errors to be rectified.

AE.1.6 FILE MANAGEMENT

As maps are updated and printed for each orienteering competition, it is important that clubs should have a robust map file management system. In order to keep track of map changes, a central system for maintaining electronic map and event files is recommended. As many events use a combination of map sizes and scales, it is important to update a master file for the area with all the latest changes that have been made. This is particularly critical where a “partial” map file has been generated for an event and where changes were necessary; these changes are transferred to the master file for future reference.

It is recommended that a file naming convention be adopted that will facilitate tracking and it is suggested that the map file name should contain the area name along with the revision date. It is also recommended that the event planning and map files be archived separately for future reference, and that a file backup system be in place to reduce the risk of loss of data. Electronic map files may also need to be protected against unauthorised copying and any potential breaches of copyright.

AE.2 COURSE MARKING AND CONTROL DESCRIPTIONS

AE.2.1 COURSE MARKING

Courses shall be printed on the finished map in accordance with the requirements of the ISOM or ISSOM referred to above. The course identification shall be clearly visible on the front of the map to avoid the possibility of the competitor taking or being given the incorrect course map.

The starting point of the course shall be marked by an equilateral triangle of side 7-mm that should point to the first control. The centre of a circle of 6 mm diameter on the map shall depict the site of each control. This circle should be broken, as necessary, to avoid obscuring important detail. The control feature, as described in the control descriptions, shall correspond to the feature depicted on the map and shall be shown exactly in the centre of the circle. The position of the Finish shall be shown as the centre of two concentric circles 5 mm and 7 mm in diameter.

The start and finish locations, each control to be visited, and the control numbers shall be clearly marked on the map in purple. If the controls are to be visited in a prescribed order straight purple lines shall join the control points, and these lines should be broken as necessary to avoid obscuring important detail on the map. The lines shall also be diverted to avoid any “out-of-bounds” areas or other features that should not be crossed by the competitor, such as un-crossable fences, un-crossable water features, etc.

Any part of the course where the competitor is obliged to follow a compulsory route shall be clearly and precisely indicated on the map by a dashed line. A chain of crosses shall show any forbidden routes (e.g. busy roads). The controls shall be numbered in the prescribed sequence, if any. The numbers shall be printed on a north-south axis, with the top north, and should be positioned so that they do not obscure any important detail. Crossing points shall be clearly indicated.

AE.2.2 CONTROL DESCRIPTIONS

Control Descriptions shall be displayed in purple on the front of the course maps and should avoid, in as far as possible, the map legend or any map detail that is necessary for the particular course. In exceptional cases, with the approval of the event Controller, the control descriptions can be omitted from the map but the competitors shall be provided with loose copies of the descriptions.

Control descriptions shall comply with the international specification for control descriptions published by the International Orienteering Federation. Junior and novice courses may require written control descriptions, or if space allows both IOF symbol and written descriptions.

AE.3 MAP REGISTRATION

AE.3.1 INTRODUCTION

The orienteering map is central to the sport of orienteering and is a highly detailed and accurate representation of the competition terrain. Orienteering clubs produce these special maps for the purpose of organising competitions and for orienteering training. It is important for the continued development of the sport and for the establishment of Mapping and Registration Rights for a club that there is a system of recording the areas that have been mapped and their current status in relation to usage, access and availability for orienteering. That is the principal purpose of the IOA Map Register.

On account of the nature and scale of the sport in Ireland orienteering clubs usually undertake mapping projects with a high degree of voluntary effort. They also incur substantial costs by way of materials and specialist services such as photogrammetry, laser scanning (LIDAR) and Ordnance Survey maps. For major projects these voluntary efforts may need the assistance of a professional mapper.

Clubs therefore have an expectation that they obtain an exclusive Registration Right to run IOA registered orienteering events in these areas for a reasonable period. The map registration system protects club interests and avoids the unnecessary duplication of effort.

The success or otherwise of the map registration system depends to a large degree on the cooperation of the IOA affiliated orienteering clubs. It also depends on the administration of the system and the maintenance of comprehensive records by the IOA.

Rule R7.2.1 requires that all orienteering maps of an area of 0.5 square kilometres or more produced by an IOA affiliated club be registered in accordance with the procedures outlined in this Appendix. Small mapped areas of 0.5 square kilometres or less intended for club (Category C4) or training events shall not be registered. Where it is the intention to use a map with an area of 0.5 sq. km or less for Category C1, C2, or C3 competitions, such as a sprint competition, then this map shall be registered.

Permission from the landowner(s) to produce a map of an area and to stage orienteering competitions on it is the responsibility of the registering club. It is important to note that registration of an area under these Rules does not imply any rights of access, or permission to produce a map for orienteering, or for any other purpose. Any such rights or permissions are matters to be agreed between the club and the relevant landowner(s).

These Rules do not preclude any non-IOA persons or organisations from producing maps that could be used for orienteering competitions.

Responsibility for the copyright of an orienteering map, the map content, artwork, cartography or any other aspect related to its production, publication, or use shall rest solely with the Club, and registration of a map by the IOA under these Rules and procedures shall not confer or imply any such right.

AE.3.2 INITIAL MAP REGISTRATION

Where a club, having identified an area suitable for orienteering and having obtained permission from the landowner(s), shall register with the IOA their intention to map that area. If the map is not produced within three years from the date of the initial registration, the Mapping Rights attached to the initial registration will lapse. The area will then be open again for initial registration by the same club, or by any other club. The projected completion date to be specified on the Map Registration Form should not exceed a period of three years from the date of application for initial registration.

The application form for initial registration of an area shall contain the information set out in this Appendix, and is available at the end of this Appendix, or for download from the IOA website. The application shall provide sufficient information to allow

clear identification of the area to be mapped, and confirm that no other club has current Mapping or Registration Rights to the same area. Where a map has previously existed but the Mapping or Registration Rights have expired, the application should indicate that the original club has indicated that it has no objection to the area being re-mapped by another club.

The IOA shall maintain records of all registrations of club mapping intentions, and this information shall be available in the Map Register on the IOA website. An application will only be registered where it meets the specified criteria. Sufficient information shall be provided to clearly identify the area to be mapped, the date of the application, and the timescale for producing the completed map.

An IOA affiliated club may lodge an objection with the Mapping Registrar to any initial map registration by another club within a period of three months from the date it is entered in the Map Register. The Mapping Registrar will consider any such objection and make a decision within three months of notification of objection. An appeal against any such decision may be made to the IOA Executive within a further period of one month. However every reasonable effort should be made by the clubs involved to amicably resolve such issues.

An IOA affiliated club shall not produce an orienteering map or carry out any mapping in an area that is assigned to another Club on the Initial Map Register, unless there is agreement to produce a map jointly and this has been notified to the Mapping Registrar and noted in the Map Register.

AE.3.3 REGISTRATION OF COMPLETED MAP

On completion of the mapping project the IOA affiliated Club shall apply to the Mapping Registrar to have the area and corresponding map registered to that Club. Completion in this context means the production of a printed map for use in an orienteering competition. The registration of the completed map infers a Registration Right to the club that produced the map (see AE.3.4 below).

The application for registration of the completed map shall contain the required information as detailed on the form available at the end of this Appendix (also available for download from the IOA website). An electronic (PDF format) copy of the map, along with a web address link to an electronic mapping system such as Google Maps or Open Street Map shall be submitted with the application.

The registering club of the completed map will be advised by the Mapping Registrar of its acceptance and registration.

The IOA shall maintain a record of all completed map registrations and this information will be published on the IOA website. Sufficient information shall be provided to clearly identify the mapped area, its exact location, and the date of registration.

[Map Registration Form](#)

AE.3.4 REGISTRATION RIGHT

The registration of a completed orienteering map implies registration of both the map and the mapped area to an IOA affiliated club. This means that no other club may use that map, or that area for orienteering purposes, except with the expressed permission of the club holding the Registration Right.

No single area shall be registered to two separate clubs unless both clubs agree to joint registration.

A club shall not produce an orienteering map or carry out any mapping activities in an area that is assigned to another club on the Map Register.

The Registration Right established by a club will cease to be valid after a period of five years from the date of registration of the completed map or from the time that the map was last used at an open IOA registered competition, after which period the area will be open for initial map registration by another club. However, in so doing a club shall be expected to establish that the club holding the existing map no longer has an interest in the area for orienteering purposes. In practice, assuming that the registering club holds open competitions on the mapped area, the valid period for it to retain the Registration Right will be five years from the latest open competition.

AE.3.5 RESERVED AND DORMANT AREAS

An IOA affiliated club, having identified an area that is suitable for orienteering, may decide to hold that area in reserve for a future major event. In this instance the application for initial registration should clearly state that the area is to be reserved for a specific reason or purpose. The Mapping Registrar shall decide on the merits of such cases and decide to accept or reject the request.

Occasionally where a map exists or has previously existed an area may become unused for orienteering for various reasons such as extensive felling or restrictions imposed by the landowners. Where five years since the last registered open competition has elapsed, an affiliated Club may apply to the IOA to have this period extended, where it is intended to update the map and use the area within a reasonable time frame. A decision to grant such an extension will be made on the

merits of the case, including consideration of any request by another club to produce a new map that includes the same area. In these cases clubs will be expected to resolve the Registration Right issue in an amicable manner.

AE.3.6 RESOLUTION OF DISPUTES

Disputes can arise in relation to duplication or overlap of mapping activities. This is generally as a result of lack of communication and can lead to conflicts that are not in the best interest of the sport of orienteering. While the registration system is designed to prevent such conflicts, difficulties have arisen in the past where registration records were incomplete or where, in the absence of local knowledge, an area may not have been precisely and accurately identified. However, as a matter of principle, clubs shall not compete unfairly with each other in relation to mapping activities. Breaches of this principle are damaging to clubs and to the sport in general, and are liable to sanctions being taken by the IOA against an offending Club.

Responsibility in relation to the resolution of disputes rests in the first instance with the clubs concerned. The IOA will assist where possible with such resolution and where a satisfactory outcome is not forthcoming will decide to take appropriate action as it sees fit.

The IOA Executive may decide to appoint a Map Registration Appeals Board to assist with the resolution of disputes. The Board shall consist of not less than three members, at least one of whom are a member of the IOA Executive. An Appeals Board member shall not be a member of either club involved in the dispute. The Board, having investigated the dispute and reviewed the evidence available shall make a decision and shall communicate its findings to the parties concerned. An appeal against a decision by the Map Registration Appeals Board may be made to the IOA Executive within one month of notification. The IOA Executive will make a decision on the appeal within a period of three months.

AE.3.7 APPLICATION OF THE REGISTRATION PROVISIONS

The registration procedures outlined in this Appendix will come into effect six months after the adoption on 20 June 2013 by the IOA Executive of the amended Rule R.7, Maps and Map Register, and this Appendix. The IOA will review registration legacy records with a view to having a definitive register of completed maps within the same timescale. Clubs are requested to cooperate with the IOA in clarifying any issues in relation to the precise location, map names, etc.

Any disputed areas will be omitted from the register of completed maps until the ownership issues have been resolved to the satisfaction of the parties concerned. Dormant mapped areas, as defined in AE.3.5 above, will be identified by reference to IOA competition records and clubs will be afforded the opportunity to review their plans for these areas. The provisions in relation to dormant areas being open for mapping by other clubs will come into effect 12 months after 20 June 2013.

[Form to Register Map](#)

GUIDELINES TO THE COMPETITION RULES OF FOOT ORIENTEERING

GUIDELINE 1: GUIDELINE FOR C2 LONG DISTANCE OR 'CLASSIC' COMPETITIONS (NATIONAL AND REGIONAL CHAMPIONSHIPS, AND OTHER MAJOR COMPETITIONS)

G1.1 INTRODUCTION

Long Distance or 'Classic' orienteering events should test all orienteering techniques as well as speed and physical endurance.

G1.2 THE PROFILE

The attribute of Long Distance cross country orienteering is that it takes place in forested and/or open terrain of the required technical standard. It is not suitable for urban environments. The aim of the Planner should be to test the ability of competitors to read and interpret the map, to evaluate and make efficient route choices, to use a compass, to concentrate, to make quick decisions, and to navigate whilst undertaking physically demanding exercise.

The competitions are held in daylight. Competitors take part in age classes that have designated recommended winning times; Course Length Ratios that determine course lengths; and technical and physical standards.

It is an Open competition of C2 status where an individual, family, or group member of an IOA or NIOA affiliated club, or a member of a club affiliated to another IOF member Federation, may take part.

G1.3 RESPONSIBILITY

Registered C2 competitions are organised by regional associations, or by IOA or NIOA affiliated clubs. In the case of the Irish Championships, the event is rotated through the four regional associations, who will select or invite clubs to tender to stage the event in their region. In the case of the regional Championships, the regional association will select a club to stage them, or again this may be done by

rota. The organising club shall take financial responsibility for the competition unless prior agreement has been reached with the Irish Orienteering Association or a regional association.

The organising club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line; and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

It shall be held under the Rules, Appendices, and Guidelines of the Irish Orienteering Association.

G1.4 OFFICIALS

Given the importance of these events, the Organiser and Planner should have considerable experience in these roles ideally with previous C2 events, or with larger C3 events.

The Controller shall be a [Senior](#) IOA Certified Event Controller, or a BOF Grade A, or B Controller who is a member of an NIOA affiliated club. They shall be appointed by the IOA Executive Committee and shall belong to a different club from the organising club. Any variation in this shall be agreed by the Controller of Technical Standards.

The Controller shall:-

- 1) Approve the maps, confirming that they meet the IOF ISOM standards, and are of the predetermined scales as detailed in paragraph G1.8 of this Guideline.
- 2) Approve the required planned courses, ensuring that they are fair, and adhere to the standards as detailed in this Guideline.
- 3) Approve every control site by visiting each in the terrain, and each control description.
- 4) Approve the placement of control flags at each control site.
- 5) Approve the printing and production of the competitors' maps and the control description sheets.
- 6) Ensure that the organisation of the event is appropriate for its status.
- 7) Review the Risk Assessment carried out by the Organiser and Planner, the safety measures, and the contingency plans.
- 8) Be present throughout the event.
- 9) Ensure that the event is held in accordance with the IOA Rules and Guidelines.

No more than 3 weeks after the event the Controller shall send a report to the Controller of Technical Standards. It should include any significant features of the event, and details of any voided courses, complaints or protests.

G1.5 ORGANISATION

The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. Events of C2 status should normally provide:-

1. An event website for information, start lists, results, copies of previous maps, and online entry and payment.
2. The entry closing date as close as possible to the date of the competition but allowing sufficient time for map printing and the preparation of start lists. Rule R10.1.7 states that the final closing date for C2 competitions shall be no earlier than 21 days before the day of the competition, or before the first day of a multi-day event.
3. The start list published at least three days before the competition and be on display at the assembly area and at the start.
4. The issue of control description sheets in the start lanes.
5. Where an area has been used for a previous event, unmarked copies of the map should be on display in the assembly area.
6. The same control format at each control site, with a sample on display at the pre-start.
7. A frequently updated results display.
8. A dignified and prestigious prize giving ceremony.

G1.6 RISK ASSESSMENT

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, to consider and implement any mitigating actions that may be required, and to prepare contingency plans to deal with injured or missing competitors or officials. The [Risk Assessment form](#) on the IOA website should be used for this purpose and should be completed by the competition Organiser and Planner, and be checked and signed off by the Controller.

G1.7 TERRAIN

The terrain should be generally runnable and of a good technical standard. Although it may not be possible to provide intricate contour detail over the whole area, every effort should be made to maximise the technical content of the courses. The area should meet the following requirements:-

- 1) It should be of sufficient size to accommodate the M21E course with a winning time of 95 minutes without undue repetition.
- 2) At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable; and at least 75% of the shorter courses.
- 3) The area should not be so steep that the total climb on any course should normally exceed 4% of the shortest sensible route.
- 4) Where several areas are linked, the total amount of marked route should not exceed 10% of the total course length.

G1.8 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps (ISOM) and shall be field worked in order for the map to be legible if presented at a scale of 1:15,000.

The map scale for the Elite age classes M/W18E, M/W20E, and M/W21E, shall be 1:15,000.

The map scale for all other age classes shall be 1:10,000, drawn with lines, line screens, and symbol sizes 50% greater than those used for the 1:15,000 scale map.

In complex areas with intricate detail, larger scale maps may be used provided the request to use them is supported by the competition Controller, and prior permission (at least 6 months) has been given by the Controller of Technical Standards. When permission is granted it should be noted on the event website.

The normal contour interval should be 5.0m but for more intricate areas 2.5m contours may be more appropriate.

Competitors' maps shall be protected against moisture and damage.

G1.9 EMBARGO

The competition terrain shall be embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the event.

G1.10 COURSE PLANNING CONSIDERATIONS

The course standards and recommended winning times for each age class shall be the predominant influences in planning the courses.

The courses planned shall comply with the standards set down in this Guideline, and be in accordance with the principles of planning as detailed in Appendix A: Course Planning Principles.

The standard of the courses shall be worthy of a championship orienteering event and shall comply with the spirit of fairness. There shall be no doubtful controls, no elements of chance as regards route choice, and no map errors that might influence the result of the competition.

Courses shall be offered for age classes from M/W10 to M/W 85 with Elite courses offered for M/W18, M/W20, and M/W21. Details of the class/course/combinations are contained in paragraph G1.11.

The provision of non-championship classes is at the discretion of the Organiser but the minimum recommended offering is M21L, W21L, Men Long, Women Long, Men Short, Women Short, M18 Short, W18 Short, M16 Short, W16 Short, and Light Green, Orange, and Yellow Colour Coded Courses.

It is also recommended that the Light Green, Orange, and Yellow Colour Coded Courses be made available for entry-on-the-day competitors.

G1.11 COURSES, CLASS COMBINATIONS, COURSE STANDARDS, RECOMMENDED WINNING TIMES, COURSE LENGTH RATIOS, AND INDICATIVE COURSE LENGTHS AND CLIMBS

G1.11.1 COURSES FOR CHAMPIONSHIP CLASSES

The detailed standards for all of the age classes are contained in table B below. Based on the recommended winning times for each age class the Adjusted Course Lengths (length plus climb) have been calculated using the average winning running speeds of IOC competitors in the period 2007 to 2016. These are shown in table A below as a guide for Planners.

Table A: Age class IOC winning speeds 2007 to 2016

Age Class	IOC Average Winning Speeds mpk 2007-2016	
	Men	Women
10	7.88	9.15
12	7.36	7.93
14	7.27	7.67
16	6.77	7.52 [#]
18	6.27	7.47
20	6.18	7.24
21	4.98	6.75

Age Class	IOC Average Winning Speeds mpk 2007-2016	
	Men	Women
35	5.73 [#]	7.27
40	6.48 [#]	7.79
45	6.27 [#]	8.09
50	6.47	8.39
55	7.52	9.22
60	8.10	9.47
65	8.90	9.88
70	10.69	11.53
75	13.50	20.00 [#]
80	14.45	20.00 [#]
85	15.00 [#]	20.00 [#]

Adjusted to expected running speeds

Course Length Ratios have been calculated by dividing the Adjusted Course Length for each class by the base Adjusted Course Length for the M21E class. Classes with similar Adjusted Course Lengths, Course Length Ratios, and standards of technical and physical difficulty have been grouped together to consolidate a number of classes onto one course.

The Adjusted Course Length refers to the actual course length that is adjusted for height climb by adding 0.1km to the course length for every 10m of climb e.g. if the course length of the M21E course is 13.6k and the climb is 550m, the Adjusted Course Length is 19.1k.

The definitions of the grades of technical and physical difficulty are given in Appendix A Course Planning Principles.

The Course Length Ratios should be used to determine the course lengths and climbs for each course. A critical factor in planning the courses that meet the recommended winning times of the various age classes is the base M21E course length and climb. To meet its 95 minute winning target using an assumed winner's running speed of 4.98mpk indicates an Adjusted Course Length of 19.08k that could be provided by a course length of 13.6k and 550m climb. Obviously if the planned climb is less the course length should be increased accordingly.

This exercise is very sensitive to the assumed M21E winning competitor's running speed that in the period since 2007 has varied from 4.68mpk (2015) to 5.73mpk (2013), excluding 2014 where the results were affected by bad weather. Taking these two extremes (in distance terms) the course length in 2015 should have been 2.8k longer than in 2013 and this highlights the sensitivity of course length to the assumed running speed. In arriving at an assumed speed for the M21E course, previous results on the terrain, or similar, should be examined, or alternatively several legs on the prospective course should be run to establish the likely winning running speed. It is very important that the assumed M21E winning speed is correct.

Indicative course lengths, climbs, and gradients are included in the table below purely as a guide for Planners, but the actual course details may be different due to the expected and assumed running speeds (that will be affected by the runnability and physicality of the terrain).

The indicative figures for the M21E and W 21E classes assume a maximum permitted gradient of 4%, with a tapering off of the gradient as competitor ages increase or decrease. If the terrain for the prospective courses offers less climb and hence a lower gradient, course lengths should be increased accordingly.

Table B: Recommended Winning Times, Adjusted Course Lengths, Course Length Ratios, Indicative Course Lengths, and Technical and Physical Standards for the Championship Classes

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
1	M21E	95	19.08	1.00	13.6	550	4.0	5	5
2	M18E	70	11.11	0.58	8.1	300	3.7	5	5
	M20E	70							
	W21E	75							
3	W18E	55	7.48	0.37	5.5	200	3.6	5	4
	W20E	55							
4	M35	75	10.71	0.56	7.9	180	3.5	5	4
	M40	65							
	M45	60							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
5	M50	55	8.50	0.45	6.3	220	3.5	5	4
6	M16	50	7.39	0.39	5.8	160	2.8	5	4
	W35	55							
7	M55	50	6.42	0.34	4.9	150	3.1	4	4
	M60	50							
	W16	45							
	W40	50							
8	M65	50	5.36	0.28	4.1	120	2.9	5	3
	W45	45							
	W50	45							
9	M70	50	4.68	0.25	3.7	100	2.7	5	3
	W55	45							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
	W60	45							
	W65	45							
10	M75	50	3.40	0.18	2.75	65	2.4	5	2
	M80	50							
	M85	50							
	W70	45							
11	W75	45	2.25	0.12	1.85	40	2.2	5	2
	W80	45							
	W85	45							
12	M14	35	4.68	0.24	3.6	100	2.8	4	3
	W14	35							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
13	M12	25	3.15	0.17	2.5	65	2.6	3	2
	W12	25							
14	M10	20	2.29	0.12	1.85	45	2.4	2	2
	W10	20							

* Calculated by dividing the recommended winning time by the assumed winner's running speed in mpk. The resulting Adjusted Course Length includes an adjustment for climb where 0.1k is added to the actual course length for every 10m of climb.

On a few of the courses, the recommended winning times for some of the age classes vary reflecting the expected different running speeds of the winning competitors.

G1.11.2 COURSES FOR NON-CHAMPIONSHIP CLASSES

The allocation of these non-championship classes to the courses of the main competition, and their standards should be as follows.

Table C: Non-championship classes

Class	Course No	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
M21L	4	7.9	180	3.5	5	4
Men Long	5	6.5	220	3.5	5	4
W21L	6	5.8	160	2.8	5	4
Women Long	8	4.1	120	2.9	5	4
Men Short	9	3.7	100	2.7	5	3
Women Short	10	2.75	65	2.4	5	2
M18 Short, W18 Short, M16 Short, W16 Short, Light Green	12	3.6	100	2.8	4	3

Class	Course No	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
Orange	13	2.5	65	2.6	3	2
Yellow	14	1.85	45	2.4	2	2

Competitors in these non-championship classes shall be started in a separate block either before and/or after the starting block of championship competitors on their course.

G1.11.3 ENTRY-ON-THE-DAY COURSES

If offered, these shall be the Light Green, Orange, and Yellow Colour Coded Courses. Competitors on these courses will start in a separate block after the pre-entered competitors.

G1.12 ELIGIBILITY TO BE IRISH LONG DISTANCE CHAMPION OR IRISH LONG DISTANCE CLASS WINNER

Rule 5.5 states that the requirements to be classed as the Irish Long Distance Champion in the M21E and W21E classes, and the Irish Long Distance Class Winner in all other age classes as detailed in paragraph G1.11.1 are:-

- (A) That they are an individual, family, or group member of an IOA or NIOA affiliated club, and
- (B) That they meet either of the following conditions:-
 - (i) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage in accordance with the Nationality and Citizenship Acts 1956 to 2004, or
 - (ii) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Championship event.

G1.13 START TIME ALLOCATION

Start time allocation is the responsibility of the Organiser.

Start time allocation shall be carried out in accordance with Rule R10.2 Start Times and Starting Order.

No entries shall be accepted after the published final closing time and date. Entries may be accepted on the day of the competition for the non-championship Light Green, Orange, and Yellow colour coded classes, if offered.

The start window should be a minimum of three hours with a minimum starting interval of three minutes between competitors on the same course. The starting interval for the Elite classes shall be a minimum of six minutes.

For the Elite championship classes (M/W18, 20, & 21), the competitors' start times on each course shall be spread over the entire start window, or most of the start window, with equal starting intervals and no breaks. Their starting order shall be the reverse of the most recent ranking of Irish Elites as determined by the IOA Selection Committee, with the highest ranked competitor starting last. Overseas competitors should be slotted into the starting order based on their IOF Ranking. Un-ranked Irish and Overseas competitors shall be placed at the beginning of the starting order, with their starting order determined by a random ballot.

For Courses 2 and 3 that are shared by several Elite classes, they shall be sub-divided into a sequence of separate age class blocks. On Course 2, the starting order shall be the M18E, W21E, and M20E classes, and on Course 3 it shall be the W18E class followed by W20E. Competitors in each age class block will start with equal start intervals and no breaks.

Where two Elite family members request split start times the lower ranked competitor should be placed in the early start group of un-ranked competitors and their starting time determined by the random ballot for that group. The start time for the second Elite competitor should be determined in the normal manner by the ranking process. If this is unlikely to provide enough time between the first and second competitors, the Organiser could place the first starter at the beginning of the starting order for their course. If the time interval is still judged to be insufficient, the second starter shall be started after the highest ranked Elite competitor but with a time interval double that for the course.

For the non-Elite classes, the competitors' start times on each course shall be spread evenly over the start window but with a vacant slot allocated for competitors who arrive late for their allocated start time after every five pre-entered competitors with at least one slot in every 30 minutes of the start window.

Where entry numbers are small on a particular course the competitors may be spread evenly over a shorter time period within the overall start window.

Competitors in the non-Elite classes should be able to request an early, middle or late start time. At the beginning of the allocation process, competitors who have not requested a particular start block should be allocated evenly to one of the three start blocks by way of a random ballot. Following that a random ballot should determine the starting order within each block, and by amalgamating the three blocks the overall start list for that course will be produced.

Competitors from the same club in the non-Elite classes may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw the competitor before them shall be inserted between them.

For the entry-on-the-day non-championship colour coded courses the competitors' start times shall be determined by the Start Officials within their allocated start block.

To avoid any interference with competitors on the championship courses, it is recommended that competitors who have entered the non-championship classes on the same course, should be started in a block in the early part of the overall start window before the block of championship competitors. Competitors who enter on the day of the competition shall start in a separate block after all pre-entered competitors have started.

The starting order shall be approved by the competition Controller before it is published, and be publically available no later than three days before the competition.

G1.14 LATE STARTS

The policy for dealing with competitors who arrive late for their allocated start time should be set in advance by the Organiser, and be notified in the event details.

G1.14.1 THE RECOMMENDED POLICY FOR THE ELITE CLASSES FOLLOWS THE IOF CONVENTION.

Elite competitors who arrive late for their allocated start time through their own fault shall be timed as if they had started at their original start time. If the competitor is at the start line less than half the start interval for their course after their allocated start time, they shall be allowed to start immediately. If the competitor is at the start line later than half of the start interval, they shall be allowed to start at the next available half start interval.

In order to administer this policy, it is suggested that a separate start lane be operated for the Elite competitors who will have a 'timed' start and not a 'punching' start. Any competitor starting late will have their actual start time recorded by a SI start unit that will be retained by a Start Official specifically for use with late Elite starters, just in case a complaint is subsequently made by the competitor.

G1.14. 2 THE RECOMMENDED POLICY FOR THE NON-ELITE CLASSES

Competitors in these classes who arrive late for their allocated start time through their own fault shall be started on the next vacant start slot on their course. Their actual start time should be recorded on the start list just in case of a subsequent complaint.

G1.14.3 COMPETITORS WHO ARE LATE DUE TO AN ORGANISATIONAL PROBLEM

Competitors who are late for their allocated start time through an organisational problem, shall be timed from a new allocated start time.

G1.15 FINISH AND TIMEKEEPING

Electronic punching shall be used and shall either be SPORTIdent or Emit, with the same system being used for race timing. A punching finish should be used where the competitor finishes by punching a SI or Emit unit on the finish line.

G1.16 SHADOWING

The shadowing of any competitor in the Championships is not permitted. Competitors who are shadowed should declare themselves as non-competitive. The person doing the shadowing who is a competitor in another age class should have completed their course before shadowing a competitor. If they compete afterwards, then they should declare themselves as non-competitive.

GUIDELINE 2: IRISH MIDDLE DISTANCE CHAMPIONSHIPS

(Introduced February 2013, Amended July 2013, July 2015, and January 2017)

G2.1 INTRODUCTION

Middle Distance orienteering requires fast, accurate orienteering for a moderately long period of time.

G2.2 THE PROFILE

The attributes of Middle Distance orienteering are that it takes place on forested or open land, with the terrain of the highest technical standard. The aim of the Planner should be to test the ability of competitors to read and interpret the map, to evaluate and make efficient route choices, and to navigate whilst undertaking physically demanding exercise.

The events are held in daylight. Competitors take part in age classes that have designated recommended winning times; Course Length Ratios that are used to determine course lengths; and technical and physical standards.

It is an Open competition of C2 status where an individual, family, or group member on an IOA or NIOA affiliated club, or a member of a club affiliated to another IOF member Federation, may take part.

G2.3 RESPONSIBILITY

In the case of the Irish Middle Distance Championships, the event is rotated through the four regional Councils or Associations, who will select or invite clubs to tender for staging the event in their region. The organising club shall take financial responsibility for the event unless prior agreement has been reached with the Irish Orienteering Association, or their regional Association.

The organizing club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

It shall be held under the Rules, Appendices, and Guidelines of the Irish Orienteering Association.

G2.4 OFFICIALS

Given the importance of these events, the Organiser and Planner should have considerable experience in these roles ideally with previous C2 events, or with larger C3 events.

The Controller shall be an IOA Senior Certified Event Controller, or BOF Grade A, or B, Controller who is a member of an NIOA affiliated club. They shall be appointed by the IOA Executive Committee and shall belong to a different club from the organising club. Any variation in this shall be agreed by the Controller of Technical Standards.

The Controller shall:-

1. Approve the maps, confirming that they meet the IOF ISOM standards, and are of the pre-determined scales as detailed in paragraph G2.8 of this Guideline.
2. Approve the planned courses, ensuring that they are fair, and adhere to the standards as detailed in this Guideline.
3. Approve every control site and each control description by visiting each in the terrain.
4. Approve the placement of control flags at each control site.
5. Approve the printing and production of the competitors' maps and the control description sheets.
6. Ensure that the organisation of the event is appropriate for its status.
7. Review the Risk Assessment carried out by the Organiser and Planner, the safety measures, and the contingency plans.
8. Be present throughout the event.
9. Ensure that the event is held in accordance with the IOA Rules and Guidelines.

No more than 3 weeks after the event the Controller shall send a report to the Controller of Technical Standards. It should include any significant features of the event, and details of any voided courses, complaints or protests.

G2.5 ORGANISATION

The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The event organisers should normally provide:-

1. An event website for information, start lists, results, copies of previous maps, and on-line entry and payment.
2. The entry closing date as close as possible to the date of the competition but allowing sufficient time for map printing and the preparation of start lists. Rule 10.1.7 states that the final closing date for C2 competitions shall be no earlier than 21 days before the day of the competition, or the first day of a multi-day event.

3. The start list shall be published at least three days before the competition and be on display at the assembly area and at the start.
4. The issue of control description sheets in the start lanes.
5. Where an area has been used for a previous event, unmarked copies of the map should be on display in the assembly area.
6. The same control site format at each control, with a sample on display at the pre-start.
7. A frequently updated results display.
8. A dignified and prestigious prize giving ceremony.

G2 6 RISK ASSESSMENT

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, and to consider and implement any mitigating actions that may be required. This should include contingency plans to deal with injured or missing competitors or officials. The [Risk Assessment form](#) on the IOA website should be used for this purpose. It should be completed by the competition Organiser and Planner, and be checked and signed off by the Controller.

G2.7 TERRAIN

The terrain should be generally runnable, of a consistently good technical standard, and of sufficient size to accommodate the M21E course with a winning time in the range of 30 to 35 minutes without undue repetition. The area should not be so steep that the total climb on any course should normally exceed 4% of the shortest sensible route.

G2.8 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps with a scale of 1:10,000 (enlarged from 1:15,000) and a contour interval of 5m.

In complex areas with intricate detail, larger scale maps with a smaller contour interval may be used provided the request is supported by the competition Controller, and prior permission (at least 6 months) has been given by the Controller of Technical Standards. When permission is granted it should be noted on the event website.

The normal contour interval should be 5.0m but for intricate areas 2.5m contours may be more appropriate.

Competitors' maps shall be protected against moisture and damage.

G2.9 EMBARGO

The competition terrain shall be embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the event.

G2.10 COURSE PLANNING

The course standards and recommended winning times for each age class shall be the predominant influences in planning the courses.

The courses planned shall comply with the standards set down in this Guideline, and be in accordance with the principles of planning as detailed in Appendix A: Course Planning Principles.

The standard of the courses shall be worthy of a championship orienteering event and shall comply with the spirit of fairness. There shall be no doubtful controls, no elements of chance as regards route choice, and no map errors that might influence the result of the competition.

Courses shall be offered for age classes from M/W10 to M/W 85 with Elite courses offered for M/W18, M/W20, and M/W21.. Details of the class/course/combinations are contained in paragraph G2.11.

The provision of non-championship classes is at the discretion of the Organiser but the minimum recommended offering is Men Short, Women Short, M18 Short, W18 Short, M16 Short, W16 Short, and Light Green, Orange, and Yellow Colour Coded Courses.

It is also recommended that the Light Green, Orange, and Yellow Colour Coded Courses be made available for entry-on-the-day competitors.

All of the courses should be planned to be as consistently difficult as required by the technical and physical standards with an emphasis on detailed navigation where the finding of the controls should constitute a challenge. Constant concentration on map reading by competitors should be required. Very long legs should be discouraged but short and medium length legs with route choice and frequent changes of direction should be encouraged. The emphasis should be on high speed running for the complexity of the terrain. There will be a greater density of controls than for an equivalent long distance event.

G2.11 COURSES, CLASS COMBINATIONS, COURSE STANDARDS, RECOMMENDED WINNING TIMES, COURSE LENGTH RATIOS, AND INDICATIVE COURSE LENGTHS AND CLIMBS

G2.11.1 COURSES FOR CHAMPIONSHIP CLASSES

The detailed standards for all of the age classes are contained in table A below. Based on the recommended winning times for each age class the Adjusted Course Lengths (length plus climb) have been calculated using the recent average winning running speeds of IOC competitors in the Middle Distance Championships.

Course Length Ratios have been calculated by dividing the Adjusted Course Length for each class by the base Adjusted Course Length for the M21E class. Classes with similar Adjusted Course Lengths, Course Length Ratios, and standards of technical and physical difficulty have been grouped together to consolidate a number of classes onto one course.

The Adjusted Course Length refers to the actual course length that is adjusted for height climb by adding 0.1km to the course length for every 10m of climb e.g. if the course length of the M21E course is 5.6k and the climb is 170m, the Adjusted Course Length is 7.3k.

The definitions of the grades of technical and physical difficulty are given in Appendix A Course Planning Principles.

The Course Length Ratios should be used to determine the possible course lengths and climbs for each course. A critical factor in planning the courses that meet the recommended winning times of the various age classes is the base M21E course length and climb. To meet its 32.5 minute winning target using an assumed winner's running speed of 4.45mpk indicates an Adjusted Course Length of 7.3k that could be provided by a course length of 5.6k and 170m climb. Obviously if the planned climb is less the course length should be increased accordingly.

This exercise is very sensitive to the assumed M21E winning competitor's running speed. In arriving at an assumed speed for the M21E course, previous results on the terrain, or similar, should be examined, or alternatively several legs on the prospective course should be run to establish the likely winning running speed. It is very important that the assumed M21E winning speed is correct.

Indicative course lengths, climbs, and gradients are included in the table below purely as a guide for Planners, but the actual course details may be different due to the expected and assumed running speeds.

The indicative figures for the M and W 21E classes assume a maximum permitted gradient of 3%, with a tapering off of the gradient as competitor ages increase or decrease. If the terrain for the prospective courses offers less climb and hence a lower gradient, course lengths should be increased accordingly.

Table A: Recommended Winning Times, Adjusted Course Lengths, Course Length Ratios, Indicative Course Lengths, and Technical and Physical Standards for the Championship Classes

Course No	Class	Recommended Winning Times (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Climb (m)	Indicative Gradient%	Technical Difficulty (1-5)	Physical Difficulty (1-5)
1	M21E, M18E, M20E	32.5	7.30	1.00	5.6	170	3.0	5	5
2	M35, M40, M45, M50	32.5	5.89	0.81	4.6	130	2.8	5	5
3	W21E, W18E, W20E	32.5	5.70	0.79	4.4	130	3.0	5	5
4	M16, M55, M60, W35	32.5	4.60	0.67	3.6	100	2.8	5	4
5	M65, W16, W40, W45, W50, W55, W60	32.5	4.14	0.55	3.2	90	2.8	5	3
6	M70, M14, W65, W14	25.0	4.03	0.43	2.5	60	2.4	4	3
7	M12, W12,	20.0	2.45	0.34	2.1	35	1.7	3	2
8	M75, M80, W70, W75	25.0	2.29	0.30	1.9	40	2.1	4	2
9	M10, W10	15.0	1.65	0.23	1.45	20	1.4	2	2
10	M85, W80, W85,	15.0	1.55	0.21	1.35	20	1.5	4	2

* Course Length Ratios refer to course lengths which are corrected for height climb by adding 0.1 km for every 10m of climb to the length of the course.

G2.11.2 COURSES FOR NON-CHAMPIONSHIP CLASSES

No Short courses, or Long Courses where an Elite age class is available, shall be offered. Competitors requiring an easier course than that offered for their age class should enter either the Men's, Women's, M/W18 Short, M/W16 Short classes, or one of the offered colour courses.

The allocation of these non-championship classes to the courses of the main competition, and their standards should be as follows:-

Table B: Non-championship classes

Class	Course No	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
Men Short	4	3.6	100	2.8	5	4
Women Short	5	3.2	90	2.8	5	3
M/W18 Short, Light Green	6	2.5	60	2.4	4	3
M/W16 Short, Orange	7	2.1	35	1.7	3	2
Yellow	9	1.45	20	1.4	2	2

Competitors in these non-championship classes shall be started in a separate block either before and/or after the starting block of championship competitors on their course.

G2.11.3 ENTRY-ON-THE-DAY COURSES

If offered, these shall be the Light Green, Orange, and Yellow Colour Coded Courses. Competitors on these courses will start in a separate block after the pre-entered competitors.

G2.12 ELIGIBILITY TO BE IRISH MIDDLE DISTANCE CHAMPION OR IRISH MIDDLE DISTANCE CLASS WINNER

Rule 5.5 states that the requirements to be classed as the Irish Middle Distance Champion in the M21E and W21E classes, and the Irish Middle Distance Class Winner in all other age classes as detailed in paragraph G2.11, are:-

- (C) That they are an individual, family, or group member of an IOA or NIOA affiliated club, and
- (D) That they meet either of the following conditions:-
 - (iii) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage in accordance with the Nationality and Citizenship Acts 1956 to 2004, or
 - (iv) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Championship event.

G2.13 START TIME ALLOCATION

Start time allocation is the responsibility of the Organiser.

Start time allocation shall be carried out in accordance with Rule R10.2 Start Times and Starting Order.

No entries shall be accepted after the published final closing time and date. Entries may be accepted on the day of the competition for the non-championship Light Green, Orange, and Yellow colour coded classes, if offered.

The start window should normally last for two hours with a minimum starting interval of two minutes between competitors on the same course. The starting interval for the Elite classes shall be a minimum of four minutes.

For the Elite championship classes (M/W18, 20, & 21), the competitors' start times on each course shall be spread over the entire start window, or most of the start window, with equal starting intervals and no breaks. Their starting order shall be the reverse of the most recent ranking of Irish Elites as determined by the IOA Selection Committee, with the highest ranked competitor starting last. Overseas competitors should be slotted into the starting order based on their IOF Ranking. Un-ranked Irish and Overseas competitors shall be placed at the beginning of the starting order, with their starting order determined by a random ballot.

For Courses 1 and 3 that are shared by several Elite classes, they shall be sub-divided into a sequence of separate age class blocks. On Course 1, the starting order shall be the M18E, M20E, and M21E classes, and on Course 3 it shall be W18E, W20E, and then W21E. Competitors in each age class block shall start with equal start intervals and no breaks.

Where two Elite family members request split start times the lower ranked competitor should be placed in the early start group of un-ranked competitors and their starting time determined by the random ballot for that group. The start time for the second Elite competitor should be determined in the normal manner by the ranking process. If this is unlikely to provide enough time between the first and second competitors, the Organiser could place the first starter at the beginning of the starting order for their course. If the time interval is still judged to be insufficient, the second starter shall be started after the highest ranked Elite competitor but with a time interval double that for the course.

For the non-Elite classes, the competitors' start times on each course shall be spread evenly over the start window but with a vacant slot allocated for competitors who arrive late for their allocated start time after every five pre-entered competitors with at least one slot in every 30 minutes of the start window.

Where entry numbers are small on a particular course the competitors may be spread evenly over a shorter time period within the overall start window.

Competitors in the non-Elite classes should be able to request an early, middle or late start time. At the beginning of the allocation process, competitors who have not requested a particular start block should be allocated evenly to one of the three start blocks by way of a random ballot. Following that a random ballot should determine the starting order within each block, and by amalgamating the three blocks the overall start list for that course will be produced.

Competitors from the same club in the non-Elite classes may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw the competitor before them shall be inserted between them.

For the entry-on-the-day non-championship colour coded courses the competitors' start times shall be determined by the Start Officials within their allocated start block.

To avoid any interference with competitors on the championship courses, it is recommended that competitors who have entered the non-championship classes on the same course, should be started in a block in the early part of the overall start window before the block of championship competitors. Competitors who enter on the day of the competition shall start in a separate block after all pre-entered competitors have started.

The starting order shall be approved by the competition Controller before it is published, and be publically available no later than three days before the competition.

G2.14 LATE STARTS

The policy for dealing with competitors who arrive late for their allocated start time should be set in advance by the Organiser, and be notified in the event details.

G2.14.1 THE RECOMMENDED POLICY FOR THE ELITE CLASSES FOLLOWS THE IOF CONVENTION.

Elite competitors who arrive late for their allocated start time through their own fault shall be timed as if they had started at their original start time. If the competitor is at the start line less than half the start interval for their course after their allocated start time, they shall be allowed to start immediately. If the competitor is at the start line later than half of the start interval, they shall be allowed to start at the next available half start interval.

In order to administer this policy, it is suggested that a separate start lane be operated for the Elite competitors who will have a 'timed' start and not a 'punching' start. Any competitor starting late will have their actual start time recorded by a SI start unit that will be retained by a Start Official specifically for use with late Elite starters, just in case a complaint is subsequently made by the competitor.

G2.14. 2 THE RECOMMENDED POLICY FOR THE NON-ELITE CLASSES

Competitors in these classes who arrive late for their allocated start time through their own fault shall be started on the next vacant start slot on their course. Their actual start time should be recorded on the start list just in case of a subsequent complaint.

G2.14.3 COMPETITORS WHO ARE LATE DUE TO AN ORGANISATIONAL PROBLEM

Competitors who are late for their allocated start time through an organisational problem, shall be timed from a new allocated start time.

G2.15 FINISH AND TIMEKEEPING

Electronic punching shall be used and shall either be SPORTident or Emit, with the same system being used for race timing. A punching finish should be used where the competitor finishes by punching a SI or Emit unit on the finish line.

G2.16 SHADOWING

The shadowing of any competitor in the Championships is not permitted. Competitors who are shadowed should declare themselves as non-competitive. The person doing the shadowing who is a competitor in another age class should have completed their course before shadowing a competitor. If they compete afterwards, then they should declare themselves as non-competitive.

GUIDELINE 3: GUIDELINE FOR IRISH SPRINT CHAMPIONSHIP

(Introduced March 2010 and amended June 2013)

G3.1 INTRODUCTION

Sprint orienteering is a fast, visible, easy to understand format, allowing orienteering to be staged within areas of significant population.

G3.2 THE PROFILE

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The courses must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing 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 of a control should not necessarily be the most favorable one. The course should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the Sprint.

G3.3 RESPONSIBILITY

The Irish Sprint Championships is rotated through the four regional Associations, who will select, or invite clubs to tender, to stage the event in their region. The Organising Club shall take financial responsibility for the event, unless prior agreement has been reached with the Irish Orienteering Association, or a regional Association.

The organizing club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line; and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

The Irish Sprint Championships shall be held under the Rules, Appendices, and Guidelines of the Irish Orienteering Association.

G3.4 RISK ASSESSMENT

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, and to consider and implement any mitigating actions that may be required. This should include contingency plans to deal with injured or missing competitors or officials. The [Risk Assessment form](#) on the IOA website should be used for this purpose. It should be completed by the competition Organiser and Planner, and be checked and signed off by the Controller.

G3.5 COURSE PLANNING CONSIDERATIONS

In Sprint, spectators are allowed along the course but should not help or hinder the competitors. 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 marshall 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. complex three-dimensional structures).

G3.6 THE MAP

The ISSOM specification shall be followed. The map scale is 1:4,000 or 1:5,000 and shall have a contour interval of either 2.0m or 2.5m. It is important 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 the passage of competitors must be correctly represented and drawn to size.

G3.7 WINNING TIMES, START INTERVAL, AND TIMING

The target winning times for all age classes shall be 12 to 15 minutes, preferably in the lower part of range. The start interval in each class shall be 1 minute and be a time trial. Timing is normally to 1 second accuracy. The competitor shall have passed the start gate before having access to the map.

G3.8 COURSE COMBINATIONS, TECHNICAL STANDARDS, AND COURSE LENGTH RATIOS

Course	Technical Difficulty (1-5)	Classes	Course Length Ratios
1	3	M21, M20	1.00
2	3	M35, W21, M18, M40, W20	0.87
3	3	M45, M50, W18, M16	0.82
4	3	M14, W16, W14, M55, M60, W35, W40, W45	0.75
5	3	M65, M70, M75, M80, M85, M90, W50, W55, W60, W65, W70, W75, W80, W85, W90	0.53
6	2	M12, W12, M10, W10	0.50

Notes

- 1 All of the course lengths should be scaled off the length of Course 1 using the Course Length Ratios.
- 2 Course Length Ratios refer to course lengths which are corrected for height climb by adding 0.1 km for every 10m of climb to the length of the course.

GUIDELINE 4: IRISH RELAY CHAMPIONSHIP

(Amended September 2007, January 2013, and February 2016)

G4.1 INTRODUCTION

This Guideline incorporates the practices that have been developed by the various organisers of the Relay Championships since the format was changed in 2006. As the organisation of relay events, and the Irish Championships in particular, is very infrequent, this Guideline contains more details about the organisation of the event than in some of the other Guidelines.

It is strongly recommended that all of the procedures involved are practised before the event, possibly at a club training event, and that those involved in producing the results are well versed in the software system being used. With relay events generally being compressed into a relatively short period of time, and with the demand for information on the progress of teams, the results system should be robust and capable of producing timely results.

It should be noted that these are guidelines, and it is up to the Organiser of the Relay Championships to adopt them fully, partially, or to use their own procedures. However the eligibility Rules, class format, and course standards shall not be changed.

G4.2 THE PROFILE

Relay orienteering is a competition for teams of three runners running on virtually a head-to-head basis with the first-past-the-post being the winner. It should be exciting for spectators and competitors.

The Irish Relay Championships is an open club competition with the Irish Champions in the Open Premier, Women's Premier, Junior 48 and Junior 36 classes being the first IOA or NIOA club team to finish. These classes are open to club teams from other IOF affiliated Federations. Members of the teams in the Handicap 6, 12, and 18 classes do not need to be members of the same club. Teams in all of the classes, except Women's Premier, can be made up of both male and female competitors.

The relay format is similar in planning style to that of a Middle Distance event but some elements characteristic of a Long Distance event, such as longer and route choice legs should occur to allow competitors to pass each other without making visual contact. Good relay terrain has characteristics that make runners lose eye contact with each other (such as dense vegetation, many hills, depressions etc.). The Irish Relay Championship is not suitable for an urban environment.

Fair competition is essential to relay events and the Planner must ensure that all teams face the same overall challenge. Courses should be planned such that competitors cannot easily follow fellow competitors on the same lap. In order to reduce this likelihood, individual laps may be randomised and/or forked (the IOF term for gaffling) to split up the runners. All teams in the same class must complete the same overall course made up of its component legs.

Each class has designated courses with recommended winning times; indicative course lengths; and technical and physical standards. This detail is provided in section G4.13.

G4.3 ELIGIBILITY

Rule 6.7 was amended in January 2012 to allow club members who are Irish citizens, or who can claim Irish citizenship but do not reside in Ireland, to be eligible to compete for an IOA or NIOA club team of which they are a member. The Rule states that:-

‘The Irish Relay Championship shall be an open competition with the Irish Champions being the first IOA or NIOA affiliated club team in the Open Premier, Women’s Premier, Junior 36 and 48 classes.

To represent an IOA or NIOA affiliated club, all team members shall:-

(A) have been an individual, family, or group member of that IOA or NIOA affiliated club for at least three months immediately preceding the Relay Championship, and

(B) meet either of the following conditions:-

- (i) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage, in accordance with the Citizenship Acts 1956 to 2004, or
- (ii) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Relay Championship.

Overseas IOF affiliated club teams may compete in the Open Premier, Women's Premier, Junior 48 and Junior 36 classes provided that all team members are from the same club.

The Handicap 6, 12, and 18 classes have no requirement for all of their members to be from the same club, and as a result no teams in these classes shall be declared as Irish Champion.

It is the responsibility of the club representative completing the Team Registration Form on behalf of an IOA or NIOA affiliated club in the Open Premier, Women's Premier, Junior 36 and Junior 48 classes to ensure that all team members meet the requirements of this Rule.'

G4.4 RESPONSIBILITY

The Irish Relay Championships is rotated through the four regional Associations, who will select, or invite clubs to tender, to stage the event in their region. The Organising Club shall take financial responsibility for the event, unless prior agreement has been reached with the Irish Orienteering Association, or a regional Association.

The organizing club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line; and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

The Irish Relay Championships shall be held under the Rules, Appendices, and Guidelines of the Irish Orienteering Association.

G4.5 OFFICIALS

Given the importance of this event, the Organiser and Planner should have considerable experience in these roles ideally with previous C2 events, and/or larger C3 events.

The Controller shall be a Senior IOA Certified Event Controller, or a BOF Grade A, B, or C Controller who is a member of an NIOA affiliated club. They shall be appointed by the IOA Executive Committee and shall belong to a different club from the Organising Club, and preferably should be from a different regional Association. Any variation in this shall be agreed by the Controller of Technical Standards.

The Controller shall:-

1. Approve the map, confirming that it meets the ISOM standards.
2. Approve the planned courses, ensuring that they are fair, and adhere to the required standards as detailed in the table in section G4.13 following.
3. Approve every control site and each control description by visiting each in the terrain.
4. Approve the placement of control flags at each control site.
5. Approve the production of the competitors' maps and the control description sheets.
6. Ensure that the organisation of the event is appropriate for its status.
7. Be present throughout the event.
8. Ensure that the event is held in accordance with the IOA Rules, Appendices, and Guidelines.
9. Confirm the final results

No more than 3 weeks after the event the Controller shall send a report to the Controller of Technical Standards that should include any significant features of the event, and details of any voided courses, complaints or protests.

G4.6 RISK ASSESSMENT

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, and to consider and implement any mitigating actions that may be required. This should include contingency plans to deal with injured or missing competitors or officials. The [Risk Assessment form](#) on the IOA website should be used for this purpose. It should be completed by the competition Organiser and Planner, and be checked and signed off by the Controller.

G4.7 CLASSES

In the Open Premier and Women's Premier classes the team members compete over three equal length laps of the same physical and technical difficulty.

Teams in the Junior 48 and Junior 36 classes should have a combined age of up to 48 years and 36 years respectively using their 'orienteeing age'. Their team members compete over laps of different length, and different physical and technical difficulty.

The maximum 'orienteeing age' for any competitor in either Junior class is M/W 18. The classes, course designations, and possible team combinations are as follows:-

Class	Course colour standard, and designation	Possible team combinations (Some of many)
Junior 48	Light Green (LG1) Light Green (LG2) Orange (O1)	Three M or W 16's; Two M or W 18's plus one M or W 10; Three M or W 14's; etc.
Junior 36	Orange (O1) Yellow (Y1) Yellow (Y2)	Three M or W 12's; One M or W 16 plus two M or W 10's; One M or W 14 plus one M or W 12 plus one M or W 10

The three team members in each Handicap class will run over different lap lengths and their technical and physical standards, and recommended winning times, are detailed in the following section G4.14.

Similar to the Junior system, the Handicap classes are based on the combined ages of the team members using their 'orienteeing age'. Handicap Points are allocated to the various orienteeing age groups as follows, and these are used to calculate the total points for the team that determines their handicap class.

Age Class	Handicap Points
M21	0
M20, M35	1
M18, M40, W21	2
M45, W20, W35	3
M16, M50, W18, W40	4
M55, W16, W45	5
M14, M60, W14, W50	6
M65, W55	7
M70 and over, W60	8
W65	9
W70 and over	10

The permitted points range for the three Handicap classes are:-

Class	Total Handicap Points	Possible team combinations (Some of many)
Handicap 6	6 to 11	Three M40's; One M35, one W21, and one W60; Two M21's, and one W70; etc.
Handicap 12	12 to 17	Three M50's; One M55 plus two M60's; One M21, and two M70's; etc.
Handicap 18	18 and over	Three M65's; One M21, and two W70's; Two M60's and one M70; etc.

The listed possible team combinations above are for illustrative purposes, and many other combinations are possible within the class limits of the handicap points.

The three team members in each Handicap class will run over different lap lengths (loosely short, medium, long in format).

G4.8 TERRAIN

The terrain should generally be runnable and of a good technical standard. There should be sufficient types of control sites in the terrain to allow appropriate sites to be selected for different courses. The area should meet the following requirements:-

1. It should be of sufficient size to accommodate the Open Premier class courses with a recommended lap winning time of 32 minutes per runner without undue repetition.
2. At least 50%, and preferably considerably more, of the area that the longer courses will use, should be reasonably runnable; and at least 75% of the shorter courses.
3. The area should not be so steep that the total climb on any course would normally exceed 4% of the shortest sensible route.
4. Where several areas are linked, the total amount of marked route should not exceed 10% of the total course length.

G4.9 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps (ISOM 2000) and shall be field worked in order for the map to be legible if presented at a scale of 1:10,000 (as stated in Appendix AE.1.3). The map scale used for relay events is usually at a scale of 1:10,000 but in complex areas with intricate detail, larger scale maps may be used provided prior permission (at least 6 months) has been given by the Controller of Technical Standards. When permission is granted it should be noted on the event website.

G4.10 EMBARGO

The competition terrain shall be embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the event.

G4.11 COURSE PLANNING

The courses planned shall comply with the standards set down in this Guideline, and be in accordance with the principles detailed in Appendix A Course Planning Principles.

The Relay should be a spectator friendly event offering a race between teams, with the first to cross the finish line being the winner. The Arena layout and course setting must consider this to provide good spectator opportunities. The layout of the Arena, run-out, run-in, and changeover area together with providing good vantage points for the spectators needs close collaboration between the Planner and Organiser in their design before detailed course planning can be started. It is therefore important that the Arena layout is agreed fairly early in the planning process and approved by the Controller.

Ideally the competitors should pass the Arena as part of their course to provide additional spectator interest in the race, and they should be clearly visible from the waiting pen on the run-in from the last control.

Sufficiently different laps should be planned to ensure that all teams are not running very similar courses so that the runners still need to rely on their navigational skills rather than just following fellow competitors.

Mass starts inevitably lead to packs of runners leaving the Arena at one time, so very narrow or steep downhill legs to the first controls should be avoided. Sufficient distance should be given for the runners in the mass start to spread out before they meet a potential obstruction or hazard.

Planners should avoid placing controls in clusters where they are clearly visible from each other as this reduces the navigational challenge. Control sites must not be ambiguous in any way and any possibility of confusion with other adjacent sites should be avoided. Consideration should be given to the level of usage of control sites especially in the earlier part of the laps where traffic could be heavy immediately after the start. An adequate number of punch units should be used. Control sites with restricted access should be avoided.

Head to head racing is an important element in relay events particularly over the closing stages of the final lap. Individual laps for each class should have similar opportunities for head to head challenges within courses. Consequently it is not good practice to have significant differences in leg lengths and/or physical/technical difficulty towards the end of laps. If control site options are limited towards the end of the courses, it is acceptable to have one or more common controls on all courses for that class, or classes.

G4.12 RANDOMISING AND FORKING

Two methods are available to split up the runners in each class, randomising (varying the lap sequence) and forking (varying the leg combinations on each lap), with the methods used largely dependent on the number of teams. To put these comments into context, the number of competing teams at IOC 2015 in the Open Premier, Women's Premier, Handicap 6, Handicap 12, Handicap 18, Junior 48, and , Junior 36 classes were 10, 3, 9, 17, 13, 8, and 4 respectively.

With relay teams of three runners, the running order of the laps can be randomised so that only one third of the runners in each class start on the same first few legs but then divide at the first forking of the courses. By randomising in this way, and using course forking it provides potentially an infinite number of leg combinations

The most commonly used relay planning software packages (Condes and OCAD) greatly simplify the development of relay course variations. A single changeover (fork or gaffle) per lap provides 9 course variations and 27 lap combinations. Two changeovers increase these figures to 27 and 81 respectively. Combining 2 forks and defining a common last head to head section for all third leg runners would provide 18 possible courses for first and second lap runners, and 9 possible courses for third leg runners. The adoption of this software greatly reduces the opportunities for following.

G4.13 SEEDING

In order to prevent the better teams running on the same lap course combinations, some seeding may be necessary for the larger classes. The Organiser should seed the teams based on their past or current form, and rank them 1st, 2nd , 3rd etc.

G4.14 RECOMMENDED WINNING TIMES, COURSE STANDARDS, AND INDICATIVE COURSE LENGTHS

The Recommended Lap Winning Times shall be the predominant influence in designing the courses.

Class	Lap No (Lap order will be randomised)	Recommended Lap Winning Time (mins)	Technical Difficulty (1-5)	Physical Difficulty (1-5)	Indicative Course Length * (k)
Open Premier	1	32	5	5	5.0
	2	32	5	5	5.0
	3	32	5	5	5.0
Women's Premier	1	32	5	5	4.0
	2	32	5	5	4.0
	3	32	5	5	4.0
Handicap 6	1	32	5	5	5.0
	2	32	5	5	4.0
	3	32	5	5	3.0
Handicap 12	1	32	5	5	4.0
	2	32	5	5	3.3
	3	32	5	5	2.5

Handicap 18	1	32	5	5	3.3
	2	32	5	5	2.5
	3	25	4	4	2.5
Junior 48	1	25	4	4	2.5
	2	25	4	4	2.5
	3	18	3	3	2.0
Junior 36	1	18	3	3	2.0
	2	12	2	2	1.5
	3	12	2	2	1.5

* The Indicative Course Lengths assume a climb per lap of 2% i.e. a climb of 100m on a course measuring 5.0k. If the climb is less than this then the course should be lengthened, and if greater the course reduced.

G4.15 ORGANISATION

The organisation should be sufficient to cope with the number of competitors expected to attend. Particular care is needed in finding a suitable car park as close as possible to the Arena remembering that with the mass start of all teams at a particular time, most competitors will tend to arrive and leave together. The organising club should normally provide:-

1. An event website for information, entry lists, results, publication of previous maps, and on-line entry and payment.
2. An entry closing date as close as possible to the date of the competition.
3. An entry list at the Arena.
4. Control descriptions on the front of the maps.
5. Unmarked copies of the map on display in the Arena if the competition area has been used for previous events.
6. The same control site format at each control, with a sample on display near to the call-up point.
7. A frequently updated results display.
8. A dignified and prestigious prize giving ceremony.

G4.16 TEAM REGISTRATION

While the details of the team running order may be provided by the club representative on the entry form, it is advised that final team registrations be made on the event weekend, as experience shows that many changes are made at that late stage creating a second wave of entry input of the team members into the results system. In addition with the randomising of the different courses for the Junior and Handicap classes, the running order for the team members needs to be advised to the team prior to registration, so that they can nominate who will run the different length courses. This can be done by issuing Team Registration Forms to the club representatives.

Samples of the team registration forms are given in the following section G4.25 and are available for download from the Technical section of the IOA website. The forms provide for the input of runners' SI numbers if the runners own SI cards are being used. The alternative is for the organisers to provide SI cards to each runner in their map bag. This has the advantage that each SI card can be allocated to the runner's number and input into the

results system prior to the event, and it reduces the correction of SI details in the midst of the busy period of producing results. It also provides the additional safeguard that if there is any major problem with the results system, the results team have the SI cards that can be interrogated later if necessary.

The forms shall also be used to confirm that all of the team members in the Junior and Handicap classes meet the age requirements for their class; and in the case of IOA and NIOA affiliated club teams in the Open Premier, Women's Premier, Junior 48 and Junior 36 classes, the Irish Relay Championship competitions, that all of the team members meet the eligibility requirements of Rule 6. It is up to the person registering the Team Registration Form to ensure that all team members meet the eligibility requirements. Club teams from other IOF Federations shall be competitive in these four classes. The first IOA or NIOA affiliated club team in the four classes will be declared Irish Champion.

It is best that the Team Registration Forms are available on the previous days of the Championship weekend, and that the closing time for team registrations be in the afternoon of the day before to give time for the runners' names to be entered into the results system. While this creates a pressure on the input of details into the results system on the evening before the event, it does ensure that the runners' details are as accurate as possible, and should minimise the number of changes required on the day of the event.

G4.17 TEAM NUMBERS

Teams need to be identified by a race number for the allocation of course maps to ensure that the correct map is issued to the correct team member, for the production of results, and for the identification of runners. The numbering system can be established well in advance of the event. Several methods of numbering are available.

Firstly is the simple system of numbering teams 101, 102, etc. and using coloured bibs (the recent norm being red, white, and green) to denote the different laps. The drawback of this is that they do not easily identify the leg runner for the input of results although this should be identified from their SI card, provided this corresponds with the registration details.

A second system takes it a stage further by numbering each leg e.g. 101-1, 101-2, and 101-3 for the three lap runners of team 101. This tends to be a confusing format for map issue

and commentators. This system can be added to by using coloured bibs, or coloured stripes.

A third system, and one that has been adopted by some of the organisers of the recent Relay Championships, is to identify the runner's leg by the first digit of either a three or four digit number where the second two or three numbers respectively are the team number. With team entries at the Irish Championships usually less than 100, a three digit number is sufficient. The reasoning behind this approach is that the identification of the leg is more important in terms of the call-up of competitors, and for map issue. A possible allocation of team numbers for each of the classes with this system could be:-

Class	Lap 1	Lap 2	Lap 3
Open Premier	101-124	201-224	301-324
Womens Premier	125-134	225-234	325-334
Handicap 6	135-149	235-249	335-349
Handicap 12	150-164	250-264	350-364
Handicap 18	165-182	265-282	365-382
Junior 48	183-191	283-291	383-391
Junior 36	192-199	292-299	392-399

When the Team Registration forms are completed and handed in by the club representative, they should be exchanged for the numbered bibs, with or without safety pins depending on the policy adopted by the organisers.

G4.18 MAP ISSUE

The organising club should have a method of quickly and accurately issuing maps to competitors. The maps should be packaged in such a way that the waiting runner is unable to see their course before they start. A suitable method is using opaque paper bags (chip bags) sealed with a label or adhesive tape and stored upright in a box with separate boxes for each lap. The label is preferable as it can be pre-printed giving the team number and class. However it should not give any indication of the course designation. To ensure that the map is not torn when opening, any label or tape should not be stronger than the bag itself.

If the organisers decide to provide SI cards to each runner, then these should also be placed in the map bags. For their additional safety they should have a stringed loop to put on the runner's wrist when they start.

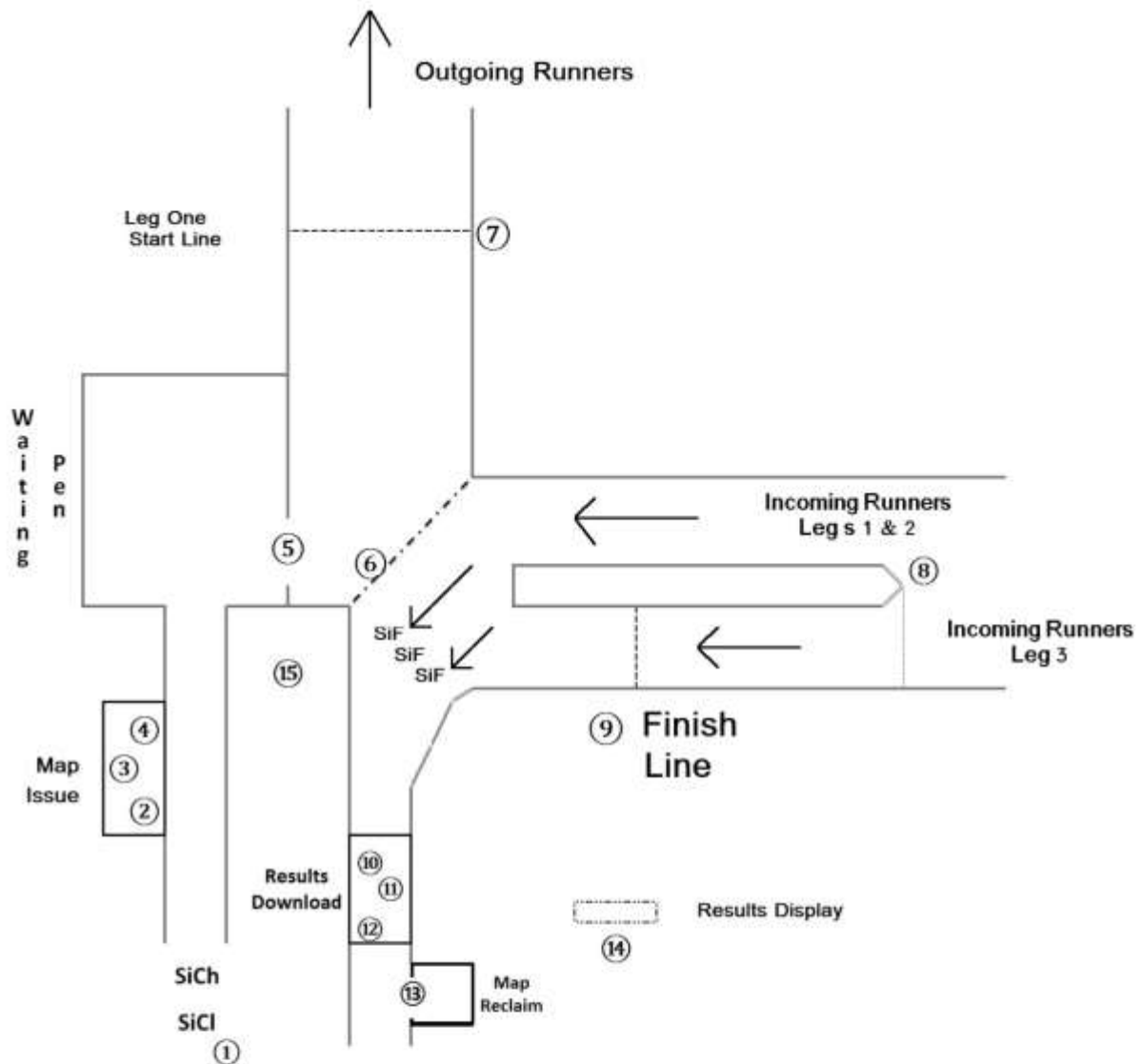
G4.19 ARENA AND EVENT OFFICIALS

The location of the Arena should be adjacent to or within the competition area in order to reduce the amount of dead running at the start and end of each lap. It should be designed so that waiting runners are able to see their incoming runner in sufficient time for them to reach the changeover line. The spectator element is very important for a good relay event and adequate space should be allocated to spectator areas where runners can be clearly seen on the run-out and run-in.

A sample of a possible Arena layout is given below together with an indication of the officials' jobs. The actual layout and allocation of jobs is a decision for the Organiser and is dependent on the actual terrain and the availability of officials. An important element in planning the layout is safety and the flow of competitors should be designed so as to avoid the risk of collisions between fast moving runners.

Ideally tents should be provided for map issue (to keep the map bags dry as well as the personnel), and for download and results (to protect the electrical equipment, to keep paper dry, and to provide a quiet space to resolve any problems with the results). If the weather is inclement some smaller tents could be used for the other officials.

Suggested Relay Layout and Officials



OFFICIALS

- | | |
|---------|--------------------|
| ① | CALLUP |
| ② ③ & ④ | MAP ISSUE |
| ⑤ | WAITING PEN |
| ⑥ | CHANGEOVER |
| ⑦ | STARTER |
| ⑧ | LEG MARSHALL |
| ⑨ | FINISH LINE JUDGE |
| ⑩ ⑪ & ⑫ | DOWNLOAD & RESULTS |
| ⑬ | MAP RECLAIM |
| ⑭ | RESULTS DISPLAY |
| ⑮ | ORGANISER |

LEGEND

- | | | |
|-----------|---|--------------------|
| — | Tape | |
| □ | Tent or Enclosure | |
| ----- | Start & Finish Lines | |
| - - - - - | Changeover Line | |
| | Temporary Tape Blocking Leg 3 Finish Lane | |
| ⌈-----⌋ | Results Display | |
| SiCl: | Clear | } SportIdent Units |
| SiCh: | Check | |
| SiF: | Finish | |

The waiting pen should be sufficiently large and placed in such a manner so that waiting runners can easily identify their incoming team-mate. Ideally it should be placed on a slope so that even the smallest runners can see the run-in. Incoming and outgoing runners need to be able to touch at the changeover point and exit the area safely. The run-out and run-in should be clearly separated to avoid any potential collisions.

One or more officials should be positioned at the changeover line to ensure that the touching handover is made by team-mates, that the waiting runners have not opened their map bag to examine their map prior to starting, and to help those incoming runners whose team-mate is not present at the changeover point.

Event Officials and their duties

Ref No	Job Title	Duties
1	Call-up	<p>Verbally call-up classes for the mass start at least 10minutes before the start time</p> <p>Ensure that all runners clear and check their SI cards if they are using their own (not necessary if the SI cards are in the map bags)</p> <p>Check that competitors' bibs are clearly displayed (no bib no go)</p> <p>Have a supply of spare blank bibs and pen</p> <p>Deal with any start or general queries</p>
2, 3, and 4	Map Issue	<p>Issue maps for each lap checking that the runners' bib number matches the map bag number</p> <p>Have maps for first, second, and third laps in different boxes</p> <p>Direct competitors to the waiting pen</p> <p>Have spare course maps available in case an earlier runner is given the wrong map</p>
5	Waiting Pen Marshall	<p>Guiding mass starters through to the starting line</p> <p>Assist with the mass start</p> <p>Ensure that runners in the waiting pen do not open their map bags</p> <p>Ensure that runners only move to the changeover line when their previous lap runner is seen</p>
6	Changeover Line Marshall	<p>Assist the Starter with the mass start</p> <p>Ensure that waiting runners on laps 2 and 3 do not open their map bags until they have been touched by their incoming runner</p> <p>Direct runners to the finish SI units, and results download</p> <p>Collect discarded map bags</p>

7	Starter	<p>Get permission to start from the Organiser (Ref No 15)</p> <p>Arrange first lap runners in waves across the width of the start box with the classes likely to have the fastest runners at the front, and the Junior classes at the back</p> <p>Sound an air horn or whistle for the start at the agreed starting time</p> <p>Organise mini-mass starts for second and third lap runners if necessary, noting the team numbers of those runners started, and their start time, and passing this information to the results team</p> <p>Collect discarded map bags</p>
8	Lap (or lane) Marshall	<p>To direct first and second lap runners into the lane with the changeover point</p> <p>To direct third leg runners into the finish lane</p>
9	Finish Line Judge	<p>To record on paper the finishing order of lap 3 runners remembering that it is the order over the finish line that determines the results and not the timing provided by the finish SI units</p> <p>If possible an assistant should assist with this</p>
10, 11, and 12	Download and Results	<p>Provide printed split times to competitors</p> <p>Retain SI cards if these have been issued to competitors</p> <p>Direct any runners with unresolved complaints to the Organiser</p> <p>Produce and print results at regular intervals for display</p> <p>Produce final results for the prizegiving</p> <p>Run a check on 'missing' competitors</p>

13	Map Reclaim	<p>To retain the runners' maps until the last competitors have started, and to place them in club bags, or for the Handicap classes into bags for that class</p> <p>To distribute the club bags to the club representatives when instructed by the Organiser; and maps to members of the Handicap teams</p>
14	Results Display	Display results on the results boards
15	Organiser	<p>Overall responsibility for the organisation of the event</p> <p>Confirm to the starter that he can proceed at the agreed mass start time after confirming with the Controller, Planner, and Results Team that everything is ready</p> <p>Ensure the smooth running of procedures during the event and deal with any problems that arise</p> <p>Deal with any complaints from competitors, and if any are not resolved summon the Jury to make a ruling</p> <p>Confirm the final results checking that the timed results accord with the record of teams crossing the finish line, making adjustments as necessary</p> <p>Deal with missing competitors as necessary</p>

G4.20 STARTS

For the ease of timekeeping a single mass start for all classes is recommended. If staggered mass starts are used, classes running the same courses shall start at the same time.

For the mass start of the first lap runners, the start box should be wide enough to accommodate across the start line all of the runners in the largest class. It is also recommended that the start be structured in waves for the different classes, with the expected fastest classes to the front, and the slowest at the back. This should reduce the possibility of collisions between the runners in the heat of the mass start.

G4.21 MINI MASS STARTS

Second and third lap runners who have been waiting for a significantly long time should be started in mini mass starts. Those runners involved should have their team number noted by the Starter, and the time of starting. Such runners, and the teams they represent, will remain competitive, and the total team time shall be the total of the times of the three individual runners. The Starter should notify the Results team of the numbers of the runners starting in the mini-mass start, and their start time.

G4.22 FINISH AND TIMEKEEPING

Individual lap times will normally be recorded as well as the cumulative team times. However the result of the competition is based on the finishing order of the last lap team member as they cross the finishing line. It is recommended that a separate paper record be made of the order of finishers as they cross the finish line, that is independent of the timing system.

G4.23 RESULTS

Given the importance of producing timely results and the very infrequent nature of relay events, it is strongly recommended that the results team familiarise themselves fully with the relay software system before the event.

G4.24 MAP COLLECTION

So that teams are unable to gain an unfair advantage by comparing course maps before the competition is concluded, it is recommended that maps are taken from runners as they complete their course, up until the point when all of the runners have started. The handed in maps should be placed in club bags, and for the Handicap classes in bags for each Handicap class. They can be reclaimed by a club representative or a competitor in the Handicap class when available.

G4.25 COMPLAINTS AND JURY

Given the inter-club rivalry in relay events, the incidence of complaints is normally greater than with individual events, and with no staggering of starts and finishes, and with the following prize giving any complaints usually have to be dealt with quickly by the Organiser. If any complaint cannot be resolved then the Jury may have to be convened. The Jury needs to have been formed before the event. A copy of the Rules should be available for the Jury at the event.

G4.26 SAMPLE TEAM REGISTRATION FORMS

See appendix for copies of the [Relay Team Registration forms](#)

GUIDELINE 5: GUIDELINE FOR COLOUR CODED EVENTS

(Formerly Guideline 3 Colour Coded Events. Being revised)

GUIDELINE 6: GUIDELINE FOR NIGHT EVENTS

(Formerly Guideline 7 Night Events. Being revised)

GUIDELINE 7: GUIDELINE FOR STRING EVENTS

(New – to be drafted)

GUIDELINE 8: EVENT SAFETY

(To replace Guidelines 9, 10, 11 and 12. Being revised)

GUIDELINE 9: COMPLAINTS, PROTESTS, JURY, AND APPEALS

(Revised January 2017. Formerly Guideline 19: Juries, Protests, and Appeals)

G9.1 THE JURY

G9.1.1 MEETING PROCEDURE

- G9.1.1.1 Jurors should be asked to meet at a specific time and place.
- G9.1.1.2 The Organiser shall supply the Jury with a copy of the appropriate Rules, Appendices, and Guidelines.
- G9.1.1.3 The Organiser shall supply the Jury with a copy of the Complaint and Protest Forms.
- G9.1.1.4 The Jury shall appoint a Chairman who shall be responsible for keeping a record of all relevant information.
- G9.1.1.5 If it is not possible for the Jury to consider a protest on the day of the competition then the jurors should make arrangements to hold a meeting as soon as practicable.
- G9.1.1.6 The Chairman shall prepare a written report of the reasons for their decision, a copy of which should be sent to the Organiser, and one to the IOA Executive Committee.
- G9.1.1.7 If an unanimous verdict cannot be reached, a majority verdict from the Jury is acceptable.
- G9.1.1.8 Any expenses incurred by the Jury shall be reimbursed by the event Organiser.

GUIDELINE 10: SUBVENTION TO IOA CLUBS FOR STAGING MAJOR EVENTS

(Introduced May 2009 and amended December 2010 and January 2013)

G10.1 INTRODUCTION

The purpose of the subvention payments by the Irish Orienteering Association is to assist IOA affiliated clubs with the additional costs incurred in staging major events to ensure a high standard of competition, attract international orienteers, and improve the media profile of the sport. The mandatory and desirable requirements to be met by the organising club are detailed in this Guideline.

The amount of the discretionary payment, and the qualifying events in each calendar year, shall be determined by the Executive Committee of the Irish Orienteering Association, and the Clubs staging major events shall be advised in advance. On completion of the event the Club shall provide a report on the event and request the payment of the subvention. The process will be administered by the Controller of Technical Standards, and the assessment as to whether Clubs meet the required criteria shall be carried out by the Technical Subcommittee. Any dispute regarding the award of the subvention shall be resolved by the Executive Committee.

The subvention is intended for Category 1 (C1) and Category 2 (C2) events but with no international C1 events being staged in Ireland at present, it will in practice apply to C2 events.

Rule 2.1.3 defines Category 2 (C2) events as Irish Championship competitions, Regional Championships, Closed International competitions (eg Home Internationals), and Other Major Events. The classification of 'Other Major Events' will be determined from time to time by the IOA Executive Committee. The events currently classed in this category are the Shamrock O-Ringen, and the Irish 3-Day. The subvention is primarily intended for multi-day events, but submissions will also be considered for one-day C2 events.

To qualify for the payment, the organising Clubs should, at least, meet the mandatory requirements listed below, and an application for the subvention should be made to the Controller of Technical Standards within four weeks after the staging of the event. These guidelines shall apply to all major events held in the Republic of Ireland and shall apply from 1 January 2010.

The mandatory and desirable criteria are as follows:-

G10.2 MANDATORY REQUIREMENTS

- The event is advertised outside Ireland.
- Each Irish Championship competition shall be controlled by an IOA Senior Certified Event Controller, or by an NIOA member who is a BOF Grade A or Grade B Controller, and they shall be appointed by the IOA Executive Committee. Other C1 or C2 competitions shall be controlled by an IOA Senior Certified Controller who shall be appointed by the organizing club. The Controller shall belong to a different Club than the organising club, and preferably should be from a different regional Association. The Controller shall within 3 weeks of the event send a report to the Controller of Technical Standards that should include any significant features of the event, and details of any voided courses, complaints or protests.
- The names of the Organiser, Planner, and Controller shall be published at least six months before the event.
- The maps shall comply with IOF mapping standards appropriate for each competition.
- Where the areas have been used before, copies of previous maps shall be available to competitors.
- An embargo being placed on the areas to be used at least 24 months before the competition and notice of the embargo be given on the IOA website, and event website if there is one.
- Provide a location map of the competition areas for multi-day events.
- On-line web entry.
- Provide numbered bibs, at least, for the M21E and W21E competitors, and relay teams.
- Use electronic timing with a back-up timing system.
- Have timed starts.
- Have a well laid out assembly area, and finish arena with the aim of improving the atmosphere of the event. An area adjacent to the finish run-in should be available for club tents.
- Have a list of reigning champions and class winners on display.
- Have a highly visible results board that is updated at least every 20 minutes.
- Have a clothing transfer if the start is more than 1k away from the finish arena.
- Have a high profile prize-giving ceremony.
- Have results available on-line in Splitsbrowser and Winsplits before 19.00 hours on the evening of the competition.
- Have a summary of the results submitted to the media before publication deadlines.
- Have a set of accounts forwarded to the IOA Treasurer within four weeks of the event.
- Have a report on the event, and a request for the subvention forwarded to the Controller of Technical Standards within four weeks after the event.
- Have adequate toilet facilities.

G10.3 DESIRABLE REQUIREMENTS

- Include one or more IOF World Ranking Events.
- Have an Event Centre.
- Provide map samples of the embargoed areas, and pictures of the terrain.
- Have a continuous commentary on the day of the event.
- Provide catering facilities.
- Have a crèche and/or a string course.
- Hold a social event at multi-day competitions.
- Improve media coverage.
- Have drinks for all competitors at the finish, and drink stations where required.
- Improve the promotion of sponsors and other external partners.

FORMS

Irish Orienteering Association MAP REGISTRATION APPLICATION									
Club Name:									
Registration Type: (Please Circle)			Initial				Completed		
Map/Area Name:									
County:					Nearest Town				
Approximate Area of Orienteering Terrain (Sq. Km)									
Irish Grid Reference to nearest 100m - Letter followed by 6 digits (www.gridreference.ie)									
North-eastern corner of rectangle bounding area:					Letter				
South-western corner of rectangle bounding area:					Letter				
Normal Access Point from public Road for Competition:					Letter				
WebLink : www.openstreetmap.org									
PDF file name -attach copy (where applicable)									
Brief Description of Terrain:									
Suitable for Competition Grade Type: (circle)			<input type="checkbox"/> School <input type="checkbox"/> Local <input type="checkbox"/> Sprint <input type="checkbox"/> Championship <input type="checkbox"/> League						
In the case of Initial Registration, has this area, or any part of the area, been mapped previously for orienteering (Y/N) if yes provide details below;									
Map Scale(s):			Contour Interval:						
Map Size : A3/A4/A5:									
Proposed Completion Date (if Initial Registration):									
Date first used for an Orienteering Competition:									
Date Last used for an Open IOA registered competition:									
Principal Mapper:									
Cartographer:									
CONTACT DETAILS									
Name:									
Phone:					Email:				

Irish Orienteering Association MAP REGISTRATION APPLICATION					
Signature of Applicant:					
Date:					
Initial Registration Fee Paid (€10): Y/N Cash / Cheque / Electronic					
IOA USE ONLY					
Date Received by IOA:					
Initial Registration Fee Received:		Y/ N		Cheque / Cash / Electronic	
Initial Registration Accepted:	Y/ N	Mapping Registrar Signature:		Date:	
Completed Registration Accepted:	Y/ N	Mapping Registrar Signature:		Date:	
IOA Map Reference Number:					

COMPLAINT FORM



Name of the competition	
Venue	
Date of competition	
Organising Club	
Organiser	
Competitor's name (Caps)	
Age Class or Course	
Details of Complaint	
Signed:..... Time:..... Date:.....(The competitor or official)	
Organisers Decision on the Complaint (with reasons)	
Signed:..... Time:..... Date:.....(The Organiser)	

PROTEST FORM



Name of the competition	
Venue	
Date of competition	
Organising Club	
Organiser	
Competitor's name (Caps)	
Age Class or Course	
Details of Protest against the Organiser's Decision	
Signed:..... Time:..... Date:.....(The competitor or official)	
Decision on the Protest by Controller & Organiser (with reasons)	
Signed:..... Time:..... Date:.....(The Controller)	
Signed:..... Time:..... Date:.....(The Organiser)	

CONTROLLER APPLICATION FORM

The completed form should be sent to:- The Controller of Technical Standards
Irish Orienteering Association,
c/o 58 Griffith Avenue,
DUBLIN 9



Application for IOA Certified Event Controller	<input type="checkbox"/>
Application for IOA SENIOR Certified Event Controller <i>Include the date you were appointed IOA Certified Event Controller</i>	<input type="checkbox"/> __ / __ / ____

This application is proposed and recommended by..... Club

Signature of Club Official Date

Applicant's Name			
Address			
Phone No		Club	
e-mail address			

CONTROLLER COURSES ATTENDED

Venue	Led by	Date

EVENTS CONTROLLED, ORGANISED, AND PLANNED IN THE LAST FIVE YEARS

- IOA Competitions are classified into four categories**
- Category 1 (C1) International competitions such as IOF World Ranking Events and World Cup*
 - Category 2 (C2) Competitions such as Home Internationals, the Irish Championships, the Irish Three-day, the Leinster Three-day, and the Shamrock O-Ringen*
 - Category 3 (C3) Provincial league competitions, colour-coded competitions offering six or more courses and including a Black or Brown course, and age classified competitions*
 - Category 4 (C4) Club competitions including Come-and-try-it events*

Event	Category	Role (Controller, Organiser, or Planner)	Date

IRISH RELAY CHAMPIONSHIPS 20.. **OPEN PREMIER and WOMEN'S PREMIER**

CLASS	OPEN PREMIER/WOMEN'S PREMIER (strike out as necessary)
TEAM NUMBER	*
Team Name	
CLUB	

*Inserted by the Organiser prior to the distribution of this form to the Club Representative

TEAM RUNNING ORDER

LAP	BIB NUMBER*	COMPETITOR NAME	SI NUMBER^
FIRST			
SECOND			
THIRD			

* Inserted by the Organiser prior to the distribution of this form to the Club Representative

^ Only needed if using competitors' SI cards

REGISTERED BY:

NAME	
ADDRESS	
e-mail address	
Mobile Phone No (Please include country code, if necessary)	

CONFIRMATION

I confirm that all of the declared team members belong to the same club, and in the case of teams representing IOA and NIOA affiliated clubs, I confirm that they are eligible to compete to be Irish Champion in accordance with the team qualifications as detailed in IOA Competition Rule 6.7.

Signature of Club Representative registering this form

This form should be returned to Registration/Information no later than *Time on Date*

IRISH RELAY CHAMPIONSHIPS 20..

JUNIOR 36 and JUNIOR 48

CLASS	JUNIOR 36 and JUNIOR 48 (strike out as necessary)
TEAM NUMBER	*
TEAM NAME	
CLUB (only complete if all members belong to the same club)	

*Inserted by the Organiser prior to the distribution of this form to the Club Representative

TEAM RUNNING ORDER

LAP	BIB NUMBER*	COURSE LENGTH (k)*	COMPETITOR NAME	SI NUMBER^	O AGE CLASS
FIRST					
SECOND					
THIRD					
Total O Ages					

* Inserted by the Organiser prior to the distribution of this form to the Club Representative

^ Only needed if using competitors' SI cards

REGISTERED BY:

NAME	
ADDRESS	
e-mail address	
Mobile Phone No (Please include country code, if necessary)	

CONFIRMATION

I confirm that all of the declared team members belong to the same club, and in the case of teams representing IOA and NIOA affiliated clubs, I confirm that they are eligible to compete to be Irish Champion in accordance with the team qualifications as detailed in IOA Competition Rule 6.7.

Signature of Club Representative registering this form

This form should be returned to Registration/Information no later than *Time on Date*

IRISH RELAY CHAMPIONSHIPS 20..

HANDICAP 6, HANDICAP 12, HANDICAP 18

CLASS	HANDICAP 6/HANDICAP 12/HANDICAP 18 (strike out as necessary)
TEAM NUMBER	*
TEAM NAME	
CLUB (only complete if all members belong to the same club)	

*Inserted by the Organiser prior to the distribution of this form to the Club Representative

TEAM RUNNING ORDER

LAP	BIB NUMBER*	COURSE LENGTH (k)*	COMPETITOR NAME	SI NUMBER~	O AGE CLASS	HANDICAP POINTS
FIRST						
SECOND						
THIRD						
TOTAL POINTS^						

* Inserted by the Organiser prior to the distribution of this form to the Club Representative

^ The total Handicap Points for the Handicap 6 class shall be in the range of 6 to 11 points; that for the Handicap 12 class shall be in the range of 1 to 17 points; and that for the Handicap 18 class shall be 18 or more points.

~ Only needed if using competitors' SI cards

REGISTERED BY:

NAME	
ADDRESS	
e-mail address	
Mobile Phone No (Please include country code, if necessary)	

Signature of Club Representative registering this form

This form should be returned to Registration/Information no later than *Time on Date*



RISK ASSESSMENT FORM

This form is designed to cover most activities of an orienteering club and is in a format that can be tailored to suit the nature of the event or activity. It is recommended that a risk assessment be completed for all club events and activities, and this form used to identify the potential risks and list any mitigating measures. The Organiser is responsible for completing this form as the person in charge of the competition or activity. It should be retained by the club for five years from the date of the event or activity in case of any claim. See also the notes at the end of the form.

Event/Activity		Event level (C1,2, 3, or 4)		Venue	
Grid Reference / Co-ordinates		Date of event/activity		Time of event /activity	
Expected numbers of competitors /officials/volunteers					
Organiser		Signed		Date form signed by Organiser	
Mobile Phone No		Organising Club			
Planner/Tutor/ Coach		Signed		Date form signed	
Risk Assessment checked by		Position (Controller/ Club Safety Officer)		Signed	
Date form signed		Mobile Phone No			

Other Information

Mobile Phone No at location of event/ activity		Mobile coverage checked	Yes/No	Other methods of communication being used	
First Aid cover at event/activity		To be located at		Name of First Aid Co-ordinator	
				Mobile Phone No	
Names of First Aiders to be available at the event/activity			Mobile No		
			Mobile No		
			Mobile No		
			Mobile No		
Nearest A&E Hospital		Full Address		Grid Reference/ Co-ordinates	
Telephone No		Emergency Access Point to event/activity		Grid Reference/ Co-ordinates	
Mountain Rescue Phone No			Contact Name		
Location of nearest Garda Station		Phone No		Contact Name	

Potential Hazards to be considered

Terrain	Weather	Equipment
<ul style="list-style-type: none"> • Hazardous vegetation • Fences and walls to be crossed • Water (rivers/streams/ponds/lakes) • Uncrossable marshes • Cliffs and dangerous crags • Traffic within the parking/ assembly/ start/ finish areas; and road crossings within the competition area • Military Debris • Isolated Areas • Other Activities (felling etc) 	<ul style="list-style-type: none"> • Cold or hot • Rain/snow/hail • Strong wind • Lightning 	<ul style="list-style-type: none"> • Stakes • Tent guys • Electrical equipment and cables • Generators and fuel supply • Cooking equipment

Check List

Do competitors' maps have a safety bearing?	Yes/No		
Will First Aid bags be available?	Yes/No	Located at	
Will an emergency rucksack with a bivvibag, spare clothes, food, and drink be available?	Yes/No	Located at	
Will a lightweight stretcher be available?	Yes/No	Located at	
Has a Search and Rescue Team been formed?	Yes/No	Led by	
Has Mountain Rescue been notified	Yes/No		

The Risk Assessment

Risks to Competitors, Officials, Volunteers, and other people in the event area	Risks	Scale (Low, Medium, High) <i>Note 3</i>	Possible Outcomes	Possibility (Low, Medium, High) <i>Note 3</i>	Mitigating Measures (Official responsible)
In the competition area					

Risks to Competitors, Officials, Volunteers, and other people in the event area	Risks	Scale (Low, Medium, High) <i>Note 3</i>	Possible Outcomes	Possibility (Low, Medium, High) <i>Note 3</i>	Mitigating Measures (Official responsible)
In the Assembly, Start, and Finish Areas					

Risks to Competitors, Officials, Volunteers, and other people in the event area	Risks	Scale (Low, Medium, High) <i>Note 3</i>	Possible Outcomes	Possibility (Low, Medium, High) <i>Note 3</i>	Mitigating Measures (Official responsible)
Due to Weather					

Risks to Competitors, Officials, Volunteers, and other people in the event area	Risks	Scale (Low, Medium, High) <i>Note 3</i>	Possible Outcomes	Possibility (Low, Medium, High) <i>Note 3</i>	Mitigating Measures (Official responsible)
Due to the equipment being used					

NOTES:

1 The completion of this form is the responsibility of the Organiser of the orienteering competition, or club activity that could take the form of training exercises or club social events, and the content should be tailored to the nature and scale of the competition or activity. In the case of competitions the form should be jointly completed by the Planner who should consider the possible risks on the competition courses.

2 The full assessment should be checked by the event Controller who should counter-sign the form, confirming that all safety risks have been identified and where necessary mitigating measures taken. In C4 club competitions and other club activities the risk assessment may also be signed off by the Club Safety Officer.

3 In the scale of risks, Low would equate to minor injuries that could be treated at the event, Medium would equate to more serious injuries requiring hospital treatment, and High would equate to major injuries requiring immediate hospital treatment.

4 In the Possibility of risks, Low would equate to a probability of less than 33%, Medium would equate to a probability of between 33 and 67%, and High would equate to a probability of over 67%

SIGNIFICANT CHANGES TO THE PREVIOUSLY PUBLISHED VERSIONS OF THE RULES, APPENDICES, AND GUIDELINES IN THE PERIOD 2002 TO 31 AUGUST 2017

In July 2013, the structure of the Rules, Appendices, and Guidelines was changed resulting in a change in the indexing of the different sections.

RULES

R1.1 Definitions

Formerly Rule 1 (Amended March 2010)

Revised to conform with the IOF Competition Rules, published March 2010, and it replaced the paragraphs 1.1, 1.2, and 1.3. It replaced *Classic Distance, Short Distance, And Other Distances* with *Long Distance, Middle Distance Sprint, and Other Distances* while it introduced *Micr-O*.

The Rule R1.2 changed the title of the document by adding the words 'for foot orienteering events'.

The Rule R1.8 specified that the Guidelines for each event type should be followed with significant differences being approved by the Controller of Technical Standards.

R1.2 Definition of terms (Unchanged)

Formerly Rule 2. Replaced Rule 1.4 March 2010.

R1.3.5 Disputes regarding the interpretation of the Rules

Formerly Rule 3 (Amended March 2010)

Replaced Rule 1.6 and expanded the title from *Disputes*.

In paragraph 3.2 it introduced the provision that should the IOA Rules not cover a specific situation, or none exist for some of the newer disciplines such as MTBO or Trail-O, then the IOF Rules shall be used.

R2.1 Categories of Competition

Formerly Rule 4 (Amended September 2008)

Replaced Rule 1.5

Former Rule 4.2 relating to international competitions, listed the current IOF approved events that fall into this category.

R2.3 Age classes for competitions

Formerly Rule 7 (Amended March 2010, July 2013 and March 2017)

In March 2010 the age classes listed in 2002 Rule 7.5, were extended to include classes for M/W75 and M/W80.

No B classes were to be provided for M/W 10, M/W 12, and M/W14 due to the low level of entries in these classes. For similar reasons no Short courses should be provided for M/W 70, M/W 75, and M/W 80 classes.

Under previous Rule 7.2.5 any Short or B course should have been be technically easier than the corresponding Long or B ones, and to be of approx. 50 to 75% of its length. This was changed to the same technical standard as the Long or A course and two-thirds of their length.

Rule 7.13 confirmed the provision of Elite classes for M/W 20 and M/W 21 competitors at all C2 events. The previous Rules had no provision for the Elite classes.

Under previous Rule 7.2.7 courses suitable for novice orienteers should have been provided at C2 events. As has become the practice at the recent C2 events, colour courses have been provided for these competitors. The new Rule 7.12 endorsed this practice with the recommended courses being Light Green, Orange, and Yellow.

With the introduction of Sprint events, no Elite, Short, or B classes should be provided in this format, as is the international practice.

Rules (2002 version) 7.11, 7.12, and 7.13 were amended to include Middle Distance events.

In July 2013 the age classes were further extended to include M/W85 and M/W90 to bring them into line with IOF age classes.

In the March 2017 revision, the provision of M/W90 classes was dropped from the event Guidelines with the proviso that a class could be created at the discretion of the Organiser.

Also the provision of non-championship Short and B courses at C1 and C2 competitions is now at the discretion of the Organiser with a recommended limited number of courses.

R2.5 Irish Relay Championships

Formerly Rule 8, Classes for the Irish Relay Championships (Amended September 2007, September 2008, and July 2013)

Replaced Rule 7.3 in the 2002 version of the Rules

With 18 potential classes allowed for in the 2002 version of the Rules, and limited competition in many classes, the format was simplified in September 2007 to provide seven classes that would have more competing teams in each. Three handicap classes were introduced where competitors of different ages could form a team, and need not necessarily be from the same club.

Apart from the Women's Premier class, teams in all of the other classes can be made up of male or female competitors, or both.

With the competition moving to an Open one, the wording of the 2007 version of the Rule was changed in September 2008 to include club teams from IOF affiliated clubs.

In July 2013 with the inclusion of M/W85 and M/W90 age classes, these were incorporated within the handicap scoring.

R3.1 Event eligibility and entry

Formerly Rule 5 (Amended September 2008 and January 2013)

Formerly Rule 6 in 2002 version of the Rules

It introduced in paragraph 5.2 the ruling on competitors having to declare themselves non-competitive if they believe that their knowledge of the terrain would give them a substantial advantage over other competitors. In the previous Rules (6.2.4) the responsibility for declaring a competitor as non-competitive rested with the Organiser or Controller.

The Rule 5.3 applies to all C2 competitions that include the Irish and Regional Championship events. Previously for Irish Championship events, non-IOA or NIOA competitors, or IOA or NIOA competitors who did not meet certain citizenship or residency requirements (6.2.2) should have been declared as non-competitive on entry although in practice this did not happen. To encourage more overseas people to compete in Irish Championship events, they became Open competitions from September 2008.

In Rule 5.5 the citizenship and residency requirements for a competitor to be declared as *Irish Champion or Irish Class Winner* were simplified in January 2013.

R4.1 Representing clubs in competitions

Formerly Rule 6.6 (Amended September 2008 and January 2012)

With the Irish Relay Championships becoming an Open competition, Rule 6.6 allowed club teams from an IOF affiliated club to compete.

Rule 6.7 specified the requirements of members for their club team to be declared Irish Champion in the Open, Womens' Premier, Junior 48, and Junior 36 classes. With the Handicap 6,12, and 18 classes having no requirement for team members to be from the same club or to meet the requirements of Rule 6.7, the winning teams in these classes will not be termed as Irish Champions.

This Rule was amended further in January 2012 to include club members who can claim Irish citizenship but live outside Ireland.

Rule 5: Competition Officials

Formerly Rule 5 (Revised April 2017)

Introduced in April 2017 Rules for the additional posts of Event Co-ordinators, and Senior Certified Event Controllers.

Detailed more fully the responsibilities of the principal event officials.

Split the competition responsibilities between the Organiser and Planner with the former responsible for all aspects of the event up to the start line and from the finish line, and the latter responsible for all aspects from the start line to the finish line. They have a shared responsibility for the risk assessment of the event, and taking mitigating action when necessary.

R5.5 Certified Event Controllers

Formerly Rule 9.1 (Amended September 2002 and December 2010)

Formerly Rule 4.3 Grading of Controllers in the 2002 version of the Rules

Under the 2002 version of the Rules, Controllers were graded in categories of C1, C2, and C3, that indicated the level of competition that they could control. With a relatively small number of graded controllers, it was decided to move to a single grade, with the expectation that the experience of new Controllers would build through progressively controlling C4, C3, and eventually C2 events.

In December 2010 an addition was made to Rule 9.1 requiring that all Certified Event Controllers should be a member of an IOA affiliated club.

R7 Maps and Map Register

Formerly Rule 8 Maps and Course Marking on the Map of the 2002 version of the Rules

On examination of the former Rule 8 and Appendix 3 Registration of Orienteering Maps, it was found that certain parts of the Appendix were more appropriate to be rules while part of the Rules were related to their practical application and more appropriate for inclusion in the Appendix. This has been recognized in the new Rule 7 Maps and Map Register and Appendix E Maps and Map Registration.

The principal changes are:-

In the previous Rule 8.1.4 all maps, whether used for competitive or non-competitive events, were to be registered with the IOA. Under new Rule R7.2.1 only maps with terrain greater than 0.5 sq k need be registered, while those of smaller areas only need to be registered if they are going to be used for C1, C2, or C3 competitions. The purpose of this change is to do away with the need to register maps of areas that will only be used for C4 club or training events.

In former Appendix 3 para 6.2 the registration period of the intention to map an area was 2 years for an area of 4.0sq k or less, or 3 years for a greater area. In new Rule R7.2.3 this is now 3 years for maps of all areas.

In former Appendix 3 para 6.7 the registration right of a club lasted for three years from the date of the registration of the completed map or three years from the date of the last open competition on the area. In view of the investment by clubs in producing maps, these periods have now been extended to five years (Rule R7.2.4)

A registration requirement of Appendix 3 para 3.3 was that the registering club was to hold full copyright to the map. This is no longer a requirement as the issue of copyright should be the sole responsibility of the club in their arrangements with the surveyor and cartographer of the map.

For the resolution of disputes, the former Appendix 3 para 8.2 required the Appeals Board to have at least three members, two of which should be from the IOA Executive. This has now been changed in AE.3.6 to one member being from the Executive.

To enable the re-establishment of the Map Register, clubs have been asked to register their completed maps that they intend to use for orienteering competitions by 30 September 2013. From this information the Map Register will be compiled and will be published by 20 December 2013 that will be the effective date of registration for the Registration Right of the map.

R10 The Competition

In January 2017, the Rules relating to Entries, Start Times and Starting Order, and Late Starts were revised and brought into line with modern practice

R10.1 Entries

The new Rules specify the minimum information to be provided by an entrant. Introduced is a rule for C2 championship events where no 'late' entries shall be accepted. The closing

date for C2 championship events is changed from not more than 14 days before the competition to not more than 21 days to allow more time for the Organisers.

R10.2 Start Times and Starting Order

The Rules now provide guidance on the preparation of start lists. Also included are the minimum start intervals for C2 championship events of 3 minutes for Long Distance, 2 minutes for Middle Distance and 1 minute for Sprint competitions with longer recommended intervals for the Elite classes.

A key element in the allocation of start times for Elite competitors at C2 championship competitions is that they shall all start consecutively with equal start intervals and no breaks. Their starting order shall be defined by their ranking with any un-ranked competitors placed at the early part of the start window and their start order determined by a random ballot.

The procedure for allocating start times for competitors in the non-Elite classes at C2 championship events is now defined with the starting order on each course determined by a random ballot.

In the previous Rules the start list had to be published at least 5 days before the competition. This is now changed to at least three days before the competition, or before the first day of a multi-day event.

R.11 Fair Play

Introduced January 2017

Introduced to give detail to the concept of 'fair play' in accordance with the IOF principles.

R12 Complaints

Introduced January 2017

Separates with more detail the rules for complaints and protests that were covered in previous Rule 12: Protests.

R13 Protests

Replaced R12.2 Protests January 2017

It provides a separate set of rules for protests compared with the previous rules that dealt with both complaints and protests

R14 The Jury

Replaced Rule 13 The Jury January 2017

For C1 and C2 competitions at least two of the Jury members were previously required to belong to clubs from outside the region where a competition was held, and one of the members should have been the course Planner. To give the Jury a more independent view, and to be more practical about the availability of Controllers, this is now changed to where the three jury members should not be members of the organizing club.

The previous Rule did not have any rules relating to the adjudication of protests at C3(league) or C4(club) competitions. The new Rule makes provision for this.

In the case of C3(league) competitions, the Jury shall consist of three Certified Event Controllers, two of whom should not be a member of the organizing club.

In the case of C4(club) competitions where a protest is made, the Organiser may appoint a Certified Event Controller of that club who is not an official at the event to adjudicate.

R15 Appeals

Revised January 2017

The previous Rule R.14 required appeals at C3(league) competitions to be adjudicated by the Regional Council while those for C1(international) and C2(championship) competitions were to be adjudicated by the IOA Technical Sub-Committee. This is now extended to C3(league) competitions.

The new rules include C4(club) competitions where an appeal should be adjudicated by the executive committee of the club that registered the competition.

APPENDICES

APPENDIX A Course Planning Principles

Amended December 2010

This replaced the previous Guideline 2 Principles of Course Planning and is based on the June 2010 IOF Appendix 2 Principles of Course Planning. It brings it up to date in terms of current planning practices. It also deals with the particular requirements of orienteering in Ireland.

APPENDIX E Maps and Map Registration

Formerly Appendix 3 Registration of Maps in the 2002 version of the Rules

Amended June 2013

See the comments in R7 Maps and Map Register above regarding the changes in June 2013.

GUIDELINES

GUIDELINE G1 C2 LONG DISTANCE OR 'CLASSIC' EVENTS

Formerly Guideline 5 (Amended December 2010, July 2013 and April 2017)

The new Guideline simplified the previous 2002 version by reducing the number of courses from 23 to 12 by consolidating the age classes while still maintaining the required technical and physical standards. It recommended providing M/W21E classes for all C2 competitions, and applied international standards and recommended winning times to these and the surrounding age classes.

For the older age classes particularly, winning times and Course Length Ratios are tailored more towards the abilities of regular competitors in Irish competitions.

In July 2013, with the addition of age classes M/W85 and M/W 90, these were allocated to course 9 in the table on course standards. The recommended winning time range was reduced from 40 to 50 minutes to 35 to 45 minutes partly to reflect the recent performances of competitors on that course.

In April 2017 a major revision of the Guideline was completed and this incorporated the associated changes in the Rules regarding Competition Officials (Rule 5). The responsibility for staging a competition including the completion of a risk assessment is now shared between the Organiser and Planner. The other changes include the introduction of Elite classes for the M/W18 and 20 classes, the specification of 1:15,000 scale maps for the Elite classes and 1:10,000 scale maps for all other classes, the discretion of the Organiser to decide on what non-championship courses should be provided, the provision of indicative course lengths and climbs as a guide for Planners and Controllers, the increase in the number of courses from 12 to 14 to provide more variation for the older age classes, and the introduction of policies for shadowing, start time allocation, and 'late' starters.

GUIDELINE G2 IRISH MIDDLE DISTANCE CHAMPIONSHIPS

Formerly Guideline 21 (Introduced February 2013, amended July 2013, July 2015, January 2017 and April 2017)

The Guideline is based on the IOF Guideline with the recommended winning times for most classes being in the 30 to 35 minute range. The course length ratios have been set using the recent average speeds of competitors in each of the age classes.

In July 2013, with the addition of age classes M/W85 and M/W 90, these were allocated to course 7 in the table on course standards. The recommended winning time range was reduced from 30 to 35 minutes to 25 to 30 minutes partly to reflect the recent performances of competitors on that course.

In July 2015 the course/class combinations were re-configured to provide exclusive courses for the M18E, M20E, and M21E classes (Course 1); and for the W18E, W20E, and W21E

classes (Course 3). The Course Length Ratios were adjusted to reflect recent running speeds. As an additional guide for planners, Indicative Course Lengths and Climbs were included.

In January 2017 the previous wording 'preferably from a different regional Council or Association' was dropped. Paragraphs were introduced on Risk Assessment, Start Time Allocation, and Late Starts. The name of the Men and Women's Open classes were changed to Men Short and Women Short to make it clearer that they were not premier classes and that they were not championship classes. A few of the older age classes were re-allocated to different courses. As a guide for Planners and Controllers, indicative course lengths and climbs are included. On the Elite courses this is based on the assumed running speeds of the M/W21 Elite winners while on the other courses the assumed winning speed is an average of the assumed speeds for all of the championship classes on that course.

Following the revision of the Rules in April 2017 regarding the shared responsibilities of the Organiser and Planner, wording to that effect was introduced.

GUIDELINE G3 IRISH SPRINT CHAMPIONSHIPS

Formerly Guideline 21 (Introduced March 2010 ,July 2013 and April 2017)

This Guideline is based on the IOF Guideline, with the allocation of classes to courses being derived from the Long Distance Guidelines, with differences in recommended technical difficulty for the M/W 12 and M/W 10 classes.

In July 2013, with the addition of age classes M/W85 and M/W 90, these were allocated to course 5 in the table on course standards.

In April 2017 new sections on Responsibility (G3.3) and Risk Assessment (G3.4) were added.

Guideline G4 IRISH RELAY CHAMPIONSHIPS

Formerly Guideline 6 (Amended September 2007, February 2013, July 2013, February 2016 and April 2017)

In September 2007 partially replaced Guideline 6 of the 2002 version of the Rules.

Replaced the 2007 limited Guideline in February 2013 with a complete Guideline.

In July 2013 it was amended to allow for the inclusion of the M/W85 and M/W90 age classes in the handicap system.

In February 2016, the recommended system for the forking or gaffling of courses was changed from the fairly basic system as was detailed, to the use of software systems that can provide a much greater number of forking options. The purpose of this was to reduce the potential for competitors to follow others. The Course Length Ratios were dropped and were replaced by Indicative Course Lengths and Climbs.

Following the revision of the Rules in April 2017 regarding the shared responsibilities of the Organiser and Planner, wording to that effect was introduced together with a new section on Risk Assessment.

Guideline G9 Complaints, Protests, Juries, and Appeals

Revised January 2017. Formerly Guideline 19 Juries, Protests, and Appeals

Paragraph G9.1 It sets out the procedures for the Juries as defined by the new Rule 14 The Jury.

Guideline G10 SUBVENTION TO IOA CLUBS FOR STAGING MAJOR EVENTS

Formerly Guideline 20 (Introduced May 2009 for application to events after 1 January 2010. Amended December 2010, January 2013, April 2013 and April 2017)

This Guideline formalized the practice of subvention payments being made by the IOA to the organising club of certain C2 multi-day events such as the Irish Championship weekends.

In December 2010 it introduced the requirement that the Controller should submit a report on the event to the Controller of Technical Standards within 3 weeks of it being held.

In January 2013, the provision of drinks at the finish was moved from the Mandatory to Desirable section.

From April 2017 all competitions in receipt of the Subvention should be controlled by a Senior Certified Event Controller.