

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.