WHAT COURSE SHOULD I CHOOSE?

Orienteering Ireland

WHITE		
WHITE courses are very easy with all controls on paths. Mainly used by 6-10 year olds.	**APPROX LENGTH:** Less than 1.5km	**TECHNICAL DIFFICULTY: 1** A control at every Decision Point i.e. there are no junctions to navigate between the controls.
YELLOW		
YELLOW courses are for children and family groups. These courses are planned to maximise the enjoyment and success of the participants.	**APPROX LENGTH:** 1.5 – 2.5km	**TECHNICAL DIFFICULTY: 2** Courses use distinct handrail features like paths, walls and streams with no route choice.
ORANGE		
ORANGE courses are for older children or novice adults.	**APPROX LENGTH:** 2.5 – 3.5km	**TECHNICAL DIFFICULTY: 3** Controls will be on any line feature, prominent point or contour features. Courses will allow for basic use of the compass and corner cutting.
RED		
RED courses are used mainly by novice adults wanting a longer run.	**APPROX LENGTH:** 5.0 – 7.5km	**TECHNICAL DIFFICULTY: 3** Technically comparable to an Orange but a longer course.
LIGHT GREEN		
LIGHT GREEN courses are technically more difficult. Fewer line features than a Yellow or Orange.	**APPROX LENGTH:** 4.0 – 5.0km	**TECHNICAL DIFFICULTY: 4** Full use of compass. Have the ability to use contour details for navigation and legs will have route choice.
GREEN		
GREEN courses are technically advanced that challenge participants with complex route choices requiring careful navigation.	**APPROX LENGTH:** 4.5 – 5.5km	**TECHNICAL DIFFICULTY: 5** Legs will have significant route choices, participants will need to interpret complex contours and to recognise indistinct features. Controls sites are far from obvious relocating features and errors may be costly in time requiring careful navigation.
BLUE		
BLUE courses are physically more challenging than Green.	**APPROX LENGTH:** 5.5 – 7.5km	
BROWN		
BROWN courses are the longest and most physically challenging courses.	**APPROX LENGTH:** 7.5 – 10.0km	

See the next page for information about choosing your age category for championship events

WHAT COURSE SHOULD I CHOOSE?

Championship Age Classes

A full breakdown of the requirements can be found in Rule 2 of the **Rules of Orienteering.**

Male (M class) classes are open to both males and females (W class), while the female category is closed to females only.

The age category is defined by your age on 31 December of the competition year.

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.

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.

A competitor may compete in any age class more demanding than their own.

A competitor may enter and compete in only one age class at any one event.

Some championships will not have all age categories on offer.

Men	Women	Age as of 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

The IOF Transgender Policy outlines competition requirements to which we adhere to here.