



**COMPETITION RULES
FOR
ORIENTEERING AUSTRALIA
FOOT ORIENTEERING EVENTS**

These Rules constitute OA Operational Manual 2.1

(rules for the Australian Orienteering Championships)

(rules for the Australian 3-Days)

(rules for the National Orienteering League)

(rules for the Australian Schools Championships)

(rules for the State Championships)

Valid from 31st January 2010

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1. Definitions

- 1.1 Orienteering is a sport in which the competitors visit a number of points marked on the ground, controls, in the shortest possible time aided by map and compass. The term *competitor* means an individual of either sex or a team, as appropriate.
- 1.2 Types of orienteering competition may be distinguished by:
- the time of the competition:
 - *day* (in daylight)
 - *night* (in the dark)
 - the nature of the competition:
 - *individual* (the individual performs independently)
 - *relay* (two or more team members run consecutive individual races)
 - the way of determining the competition result:
 - *single-race competition* (the result of one single race is the final result)
 - *multi-race competition* (the combined results of two or more races, held during one day or several days, form the final result)
 - *qualification race competition* (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on).
 - the order in which controls are to be visited:
 - *in a specific order* (the sequence is prescribed)
 - *in no specific order* (the competitor is free to choose the order)
 - the length of the race:
 - Long distance
 - Middle distance
 - Sprint
 - other distances
- 1.3 The term *State Association* means a full member *Association* of Orienteering Australia. The term *State* refers to both a 'State' and a 'Territory' of the Commonwealth of Australia
- 1.4 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, meetings and ceremonies. An event, e.g. the Australian Championships, may include more than one competition.
- 1.5 Events are divided into three groupings:
- Group A events (A)
 - Australian Championships, including Long Distance, Middle Distance, Sprint and Relay Championships (AC)
 - Australian 3-Days (3DAY)
 - National Orienteering League events (NL)
 - Group B events (B)
 - Australian Schools Championships (individual and relay) (SCHO)
 - State Championships, including Long Distance, Middle Distance and Sprint Championships (SC)
 - Badge Events (BADG)
 - Group C events
 - Events on *State Association* fixture lists not mentioned above

2. General provisions

- 2.1 These rules, together with the Appendices, shall be binding at all A events and B events. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for one or more of these events is marked with the specific abbreviation(s) in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.
- 2.2 These rules are recommended as a basis for *State Association* rules.
- 2.3 If not otherwise mentioned these rules are valid for individual day orienteering competitions on foot.
- 2.4 Additional regulations which do not conflict with these rules may be determined by the organiser. They need the approval of the Orienteering Australia Controller.
- 2.5 These rules and any additional regulations shall be binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors.
- 2.6 Sporting fairness shall be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.
- 2.7 The conduct of IOF events – the World Orienteering Championships (WOC), the World Cup in Orienteering (WC), the Junior World Orienteering Championships (JWOC), the World Masters Orienteering Championships (WMOC) and IOF World Ranking Events (WRE) – will be in accordance with the *Competition Rules for IOF Foot Orienteering Events*. Where WRE races are held in conjunction with, or as part of, a Group A event, the *IOF Competition Rules* shall take precedence where any contradiction with these rules occurs.
- 2.8 In relays the rules for individual events are valid, unless otherwise stated.
- 2.9 The Orienteering Australia Council may decide special rules or norms which shall be followed, e.g. *Orienteering Australia Anti-Doping Rules*, *International Specification for Orienteering Maps*, *Principles for Course Planning*, *IOF Control Descriptions: Australian Edition*, *IOF Standard Symbols for Orienteering Maps: Australian Edition*.
- 2.10 Deviations from these rules and norms may be allowed. Requests for permission to deviate from them shall be made in writing at least 6 months prior to the event. Deviations from map norms need approval as specified in Rule 15.1. For Group A events (see Rule 1.5), deviations from other rules need the approval of the Orienteering Australia Technical Committee Chairperson; for other events, such deviations need the approval of the relevant State Technical Committee Chairperson. Any variations to the regulations must be advertised in advance of the event.
- NL 2.11 The National Orienteering League Organiser's Guidelines should be followed (see OA Operational Manual 2.2). Significant deviations require the consent of the Manager, High Performance.

3. Event program

- 3.1 The event dates and program are proposed by the organiser and approved by the Orienteering Australia Council.
- AC 3.2 The Australian Championships, consisting of the Australian Long Distance Championships, the Australian Middle Distance Championships, the Australian Sprint Championships and the Australian Relay Championships are organised every year.
- 3DAY 3.3 The Australian 3-Days shall be conducted on the Saturday, Sunday, Monday of Easter each year. The Australian 3-Days Prologue shall be held on Good Friday.
- NL 3.4 The National League is organised every year.
- NL 3.5 The Board of Orienteering Australia, acting on the advice of the High Performance Management Group, determines the number and types of events and any necessary special rules, which will be published in the National Orienteering League Organiser's Guidelines (see OA Operational Manual 2.2).
- NL 3.6 A National League event can be organised separately or in conjunction with another event.

- SCHO 3.7 The Australian Schools Championships, consisting of an individual and a relay competition, shall be conducted annually. Where possible this event shall be conducted within 1 week of the Australian Long Distance Championships. When this is the case, any supporting events on the days of the Schools Championships must be at the same venue

4. Event applications

- 4.1 The Orienteering Australia Council may impose a levy on any Orienteering Australia event. The nature of the levy shall be announced at least one month prior to allocation of that event.
- 4.2 The Orienteering Australia Council can void the sanctioning of an event if the organiser fails to comply with the rules, the norms or the Orienteering Australia Controller's directions. The organiser cannot claim damages in this case.
- AC 4.3 Responsibility for the conduct of each of the Australian Championships and the
3DAY Australian 3 Days will be allocated to *State Associations* by the Annual Conference of Orienteering Australia at least four calendar years prior to the year of the event.
- NL 4.4 Applications by State Associations to host National League events should be submitted to the Head Coach by 15 February of the preceding year. Such applications should include details of the general location of the proposed event and the body responsible for its organisation.

5. Classes

- 5.1 Competitors are divided into classes according to sex, age, course length and degree of difficulty (see Appendix 1). Women may compete in men's classes.
- 5.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.
- 5.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.
- 5.4 The main competition classes are called W21 and M21, for women and men respectively.
- 5.5 Elite (E) classes may normally only be provided for age classes M/W 21 and M/W17-20. Where an elite class is offered it becomes the championship class.
- 5.6 Should a class have too many entrants, it may be split into parallel classes based on the competitors' previous performances.
- AC 5.7 The following classes must be offered for the Australian Long Distance Championships
3DAY and the Australian 3-Days:
- Elite classes:
M21, W21, M17-20 and W17-20.
- A classes:
M10, M12, M14, M16, M17-20, M21 M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.
W10, W12, W14, W16, W17-20, W21 W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.
- A Short (AS) classes (non-championship):
M21, M35, M45, M55.
W21, W35, W45, W55.

B classes (non-championship):

M Junior, M Open, M Easy, M Very Easy.

W Junior, W Open, W Easy, W Very Easy.

Other A classes (e.g. W85, M85) may be offered. Novice and/or non-championship enter-on-the-day courses may be offered.

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

Elite classes:

M21, W21, M17-20 and W17-20.

The following classes may be offered if the Championships are part of a national carnival:

A classes:

M16, M17-20, M21 M35, M40, M45, M50, M55, M60, M65, M70, M75, M80.

W16, W17-20, W21 W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Additional junior classes and B classes may also be offered, but these shall be non-championship races. Novice and/or non-championship enter-on-the-day courses may be offered.

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

Elite classes for National League teams:

M21, W21, M17-20, W17-20.

A classes for State teams:

M35, M45, M55.

W35, W45, W55.

M16, W16 (Moderate degree of difficulty)

M/W12 (combined; Easy degree of difficulty).

A Short (AS) classes for State teams:

M21 and W21

Mixed Age Relay

for any competitors - with legs of differing length and difficulty equivalent to easy, moderate and hard (e.g. M/W12A, M16A and M55).

Non Championship B classes

M Open, W Open

Additional championships classes may be offered by adding extra age classes (e.g.: M60, W60, etc.). Additional non-championship B classes may also be offered.

- AC 5.10 All A and E classes must be conducted, provided there is at least one entrant. Other classes that have been offered must be conducted if there are at least 4 entries.
- 3DAY If fewer than 4 entries are received, the organisers may conduct the class or combine it with another class.
- 3DAY 5.11 Organisers of the Australian Three days shall offer a Public Prologue event including a Family Teams event, to follow the Elite Prologue on Good Friday. The results of the Public Prologue event shall not count towards the overall results of the Australian 3-Days. For details of event formats see Appendix 11.
- 3DAY 5.12 The Australian 3-Days Prologue shall be conducted for M/W21E and M/W17-20E on Good Friday. The results of the Prologue shall count towards the overall results of the Australian 3-Days in these classes. The format of the prologue shall be Sprint.
- NL 5.13 The National Orienteering League has four divisions: Women (conducted in the W21E class), Men (conducted in the M21E class), Junior Women (conducted in the W17-20E class) and Junior Men (conducted in the M17-20E class). When M/W17-20E classes run the same course as M/W21E, junior competitors will also be eligible to score points in the senior divisions.
- SCHO 5.14 The following age classes shall be offered: M19, W19, M15, W15

6. Participation

- 6.1 Competitors participate at their own risk. Insurance against accidents shall be their responsibility.
- 6.2 The organisers are entitled to refuse entries from persons whom they consider to be competing beyond their capabilities. A person whose entry has been refused shall be notified immediately and offered an alternative course, or refunded the entry fee.
- 6.3 To qualify as a resident an orienteer must be a member of a State Association and either hold Australian citizenship, permanent resident status or have been a legal resident of Australia for six months prior to the event.
- AC 6.4 Official entries in the Australian Relay Championships may only be made by an Orienteering Australia State Association, National Orienteering League team, New Zealand Federation or another IOF affiliated organisation.
- AC 6.5 All members of an official team in the Australian Relay Championships must be fully registered members of the same State Association, National Orienteering League team, New Zealand Federation or national body (overseas competitors) for competitive purposes.
- AC 6.6 To compete officially for a State Association in the Australian Relay Championships all team members must be Australian residents under 6.3.
- AC 6.7 The final composition of any competing team shall be confirmed with the organisers by 1700 hours on the day prior to the Australian Relay Championships. The official status of the team shall also be confirmed by this time.
- A 6.8 Membership of a State Association or another IOF affiliated organisation shall not be an absolute condition of entry.
- NL 6.9 Individual State Associations, combinations of State Associations and national and State academies/institutions of sport are permitted to participate in the Teams' division of the National League. The intention to participate must be advised to the Manager, High Performance by 1 January each year. Any combination of States involving NSW, Victoria or the ACT must be approved by the Orienteering Australia Council.
- NL 6.10 Competitors are permitted to score points for a team if they are an Australian resident under rule 6.3. A competitor's team shall be determined by the State Association to which his or her club is affiliated. Competitors may compete for only one team per calendar year.
- SCHO 6.12 Eligible competitors will be those selected and nominated in the correct age classes in accordance with the procedure laid down by the State affiliates of the Australian School Sports Council. Competitors must be students in attendance at schools recognised by State Education Departments.
- SCHO 6.13 States will be required to present team documentation according to ASSC policy at or before the Management Meeting at the beginning of each Australian Schools Orienteering Championships.
- SCHO 6.14 Each State may nominate a maximum of four runners in each age class.

7. Costs

- 7.1 The costs of organising an event are the responsibility of the organising State Association. To cover the costs of the competition(s), the organiser may charge an entry fee. This fee shall be kept as low as possible and shall be approved by the Orienteering Australia Controller. Competitors in M20 and W20 and younger classes should be required to pay a reduced entry fee.
- 7.2 Each individual competitor, club or State Association is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event.
- 7.3 Late entries can be charged an additional fee. The amount of the additional fee shall be approved by the Orienteering Australia Controller.

- 7.4 Each individual competitor, club or State Association is responsible for defraying their expenses of travel to the event, accommodation, food and transport between the accommodation, event centre and competition sites. If the use of official transport to the competition sites is mandatory, the entry fee shall include these costs.
- 7.5 All reasonable costs of Orienteering Australia Controllers and Assistants shall be paid by the organiser.

8. Information about the event

- AC 8.1 An invitation shall be sent to all State Associations and information included in "The Australian Orienteer" six months prior to the event.
- 3DAY The invitation shall include:
- o organiser and the names of the event director and Controller(s) address, telephone/fax number, website and email address for information
 - o sponsors
 - o approximate venue
 - o dates
 - o classes offered
 - o entry procedure and fees
 - o entry forms
 - o minimum number of entrants in each class
 - o latest date and address for entries
 - o accommodation available
 - o approximate course lengths and winning times
 - o opportunities for training
 - o embargoed areas
 - o information about how to obtain copies of any previous orienteering map(s) of the embargoed area(s)
 - o other information of interest.
- AC 8.2 The organisers shall provide a program to all entrants at least two weeks prior to the event.
- 3DAY The program shall include:
- o all information given in the invitation
 - o full details of venues and travel directions
 - o description of terrain, climate and any hazards
 - o scale, contour interval of maps and any other relevant mapping information
 - o start and finish procedures
 - o distances from parking to finish and finish to start(s)
 - o registration times, venue and procedure
 - o facilities available (changing, refreshments, etc)
 - o full start list for all classes
 - o any permitted deviations from the rules
 - o the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
 - o notes on competition clothing, if necessary
 - o method of marking out of bounds areas and marked routes
 - o jury members' names
 - o other information of interest.
- 8.3 For other events the information in 8.1 and 8.2 may be combined where appropriate. Other information to be given may include:
- o limitations on entry (e.g. number, previous experience)
 - o team sizes if a team competition is to be held
- If prior entry is required entry forms should be distributed at least 3 months prior to the closing date for entries
- NL 8.4 An invitation including the same information as in 8.1 shall be published on the OA website at least three months before the event.
- NL 8.5 The following information shall be published on the OA website 2 weeks before the event:
- o full details of venues and travel directions
 - o scale, contour interval of maps and any other relevant mapping information
 - o start and finish procedures

- distances from parking to finish and finish to start(s)
- registration times, venue and procedure
- facilities available (changing, refreshments, etc)
- full start lists

8.6 The information package received by competitors on registering for an event shall include:

- control cards
- control descriptions as per rule 18.4
- any changes or amendments to information given in the invitation and/or the program
- other information of interest.

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

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

The organisers may also produce a separate program for the Schools Championships which includes additional information for competitors.

9. Entries

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

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

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

10. Travel and transport

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

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

11. Training and model event

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

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

AC 11.3 A model event should be held for the Australian Long Distance Championships, especially if the competition terrain is particularly difficult or unusual in nature.

12. Starting order and heat allocation

12.1 In an interval start, the competitors in the same class start singly at equal start intervals, except for spaces that may be left to accommodate late entries. In a mass start, all competitors in a class start simultaneously; in relays this applies only to the team members running the first leg.

12.2 The start draw shall be approved by the Orienteering Australia Controller. The start draw may be public or private. It may be made by hand or by a computer.

12.3 The start list shall be published before the day of the competition. If a qualification race is organised on the same day as the finals, the start list for the finals shall be published at least one hour before the first start.

- 12.4 For an interval start, the normal start interval is 2 minutes, or 1 minute for Sprint races.
- 12.5 For an interval start in which the provisions of rules 12.15 or 12.17 are not being used, the starting order shall be drawn at random, except that:
- Competitors may be seeded on the basis of prior performance.
 - Consideration may be given to requests from competitors for a late or early start for child-minding purposes.
 - Unseeded competitors from the organising group may be allotted early start times outside the sequence, provided that the start time is within 90 minutes of the first normal start at the event. Such competitors must be timed with the same equipment as for the normal time starters.
- A 12.6 For an interval start in A or E classes which are not covered by the provisions of rules 12.15 or 12.17, competitors likely to fill a place are to be seeded.
- 12.7 Seeded competitors shall not start consecutively unless the number of seeded competitors is greater than one-half the total number of competitors. They should be spaced as evenly as possible throughout the start sequence.
- 12.8 In multi-race competitions, an interval start with a random draw shall be used on all days other than the final day. On the final day, the starting order may be determined by a random draw, or by performances on previous days (e.g. chasing start or reverse finishing order).
- 12.9 In qualification race competitions, the start draw for the qualification races shall be made so that as far as possible each of the following requirements is satisfied:
- as many competitors as there are parallel heats shall start at each start time, with the possible exception of the last start time
 - competitors from the same team shall not start simultaneously
 - as far as possible, the heats shall be equally strong
 - if there are not more than two heats, competitors from the same team shall not start at consecutive times
 - if there are more than two heats, competitors from the same team shall not start at consecutive times in the same
 - the allocation of competitors to the different heats shall be drawn so that the competitors of a team are distributed as equally as is mathematically possible among the heats
- 12.10 In qualification race competitions, the starting order of the finals shall be the reverse of the placings in the qualification race heats; the best competitors shall start last. Ties shall be decided by drawing lots. E.g. if two competitors tie for 6th place in heat 1, a coin shall be tossed to determine who has placing 6 and who has placing 7 in heat 1 for the purposes of this rule. Competitors with the same placing in the different parallel heats shall start in the sequence of the number of their heat, i.e. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.
- 12.11 In qualification race competitions, the number of qualifiers from each heat shall be equal except that, where two or more competitors are tied for the final qualifying place, all may participate in the A final. The number of qualifiers in each heat should not exceed the smallest integer greater than half the number of competitors in the largest heat.
- 12.12 Before mass start draws, start numbers shall be allocated to each of the various course combinations. The course combinations shall remain secret until after the last competitor has started.
- 12.13 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the Orienteering Australia Controller. The heat allocation of each competitor shall be kept secret until after the competitor's start.
- NL 12.14 If other classes are being run on the same course, no competitor from such classes shall start within 10 minutes of a National League competitor.

- NL 12.15 Reverse-order starts may be used. The starting interval is the same time as specified in rule 12.4 with no space for vacancies. The starting order is the reverse of the order of ranking of competitors. Competitors may be ranked in several ways: by the Australian Orienteering Elite Rankings on the date of the close of entry, by the results of previous competitions or by current National League standings. Un-ranked competitors shall start before other competitors. A 'Red Start Group' may also be used, where the 10 highest-ranked competitors are drawn to start in random order in the last 10 start places. Competitors not in the Red Start Group have randomly-drawn start times prior to those of the Red Start Group.
- NL 12.16 For multi-loop races mass starts may be used. The top competitors should be seeded and placed on separate course combinations.
- NL 12.17 For multi-race competitions, the final day may use a chasing start. The start interval between competitors is the difference in their cumulative competition time over the previous days, with the race leader starting first.
- SCHO 12.18 A start draw for the individual race is to be conducted on the evening prior to the race as follows:
 - o The starting draw in each class shall be divided into four start groups
 - o Each State may nominate one runner for each start group
 - o The starting order shall be drawn at random
 - o Competitors from the same State may not start consecutively. If they are drawn to start consecutively the next competitor shall be inserted between them
- SCHO 12.19 In the relay, incomplete teams or teams with runners from more than one State may take part unofficially.

13. Meetings

- SCHO 13.1 The organising Association shall hold two meetings in conjunction with the Australian Schools Orienteering Championships. The Management Meeting shall be held prior to the commencement of competition and the Annual General Meeting shall be held after the completion of competition.

14. Terrain

- 14.1 The terrain shall be suitable for setting competitive orienteering courses. The objectives of the Leibnitz convention (appendix 9) shall be considered when choosing the terrain and event arena, and in designing the courses.
- A 14.2 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.
- A 14.3 The competition terrain shall be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.
- B 14.4 Areas to be used for events shall be embargoed for a period of at least three months prior to the event.
- 14.5 Permission for access into embargoed terrain shall be obtained from the organiser if needed.
- 14.6 Any rights of nature conservation, forestry, native title, etc in the area shall be respected.

15. Maps

- 15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF International Specification for Orienteering Maps. For Group A events (see Rule 1.5), deviations need the approval of the Orienteering Australia Mapping Officer; for other events, deviations need the approval of the relevant State Mapping Officer.
- 15.2 The pamphlet: *IOF Standard Symbols for Orienteering Maps: Australian Edition* illustrates Australian conventions for the use of IOF standard map symbols.

15.3 The map scale for the Australian Long Distance Championship race should be 1:15000. If the map is particularly detailed, 1:10000 is recommended for classes M/W16 and M/W40 and over, and may be used for other classes with approval from the OA Director, Technical.

The map scale for other Long distance races, Middle distance races and for Relays shall be 1:15000 or 1:10000. The scale for Sprint races should be 1:4000 or 1:5000.

15.4 For Long distance races the map for age classes M/W16 and under and M/W40 and above may be 1:10000, especially if the map is particularly detailed. The map scale for classes running a Very Easy course may be 1:5000.

15.5 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map if they have a bearing on the event.

15.6 Maps shall be protected against moisture and damage.

15.7 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be displayed for all competitors at the competition venue.

15.8 On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organiser.

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

A 15.10 Orienteering Australia and its member Associations shall have the right to reproduce the event maps with courses in their official magazines without having to pay a fee to the organiser.

16. Courses

16.1 The *Orienteering Australia Principles for Course Planning* (see Appendix 2) shall be followed.

16.2 The standard of the courses shall be worthy of the class of event. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques. Special skills for different disciplines are listed in Appendix 8.

16.3 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.

16.4 The total climb shall be given as the climb in metres along the shortest sensible route.

16.5 For qualification races, the courses for the parallel heats shall be as nearly as possible of the same length and standard.

16.6 In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course. If the terrain and the concept of the courses permit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed. All teams must run the different length legs in the same sequence.

16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall run the same overall course.

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

16.9 Long distance races shall be set to give the following winning times in minutes and degree of difficulty (see Appendix 1) for A and E classes:

class	winning time (min)	degree of difficulty	class	winning time (min)	degree of difficulty
W10	20	Very easy	M10	20	Very easy
W12	25	Easy	M12	30	Easy
W14	30	Moderate	M14	40	Moderate
W16	40	Hard	M16	50	Hard
W17-20	see rule 16.10	Hard	M17-20	see rule 16.10	Hard

W21	see rule 16.10	Hard	M21	see rule 16.10	Hard
W35	60	Hard	M35	70	Hard
W40	60	Hard	M40	65	Hard
W45	60	Hard	M45	60	Hard
W50	55	Hard	M50	55	Hard
W55	50	Hard	M55	50	Hard
W60	50	Hard	M60	50	Hard
W65	50	Hard	M65	50	Hard
W70	50	Hard	M70	50	Hard
W75	50	Hard	M75	50	Hard
W80	50	Hard	M80	50	Hard

3DAY

At the Australian 3-Days winning times should be 20% shorter than given above

16.10 For classes : M/W21E, M/W21A, M/W17-20E and M/W17-20A the following winning times shall apply:

General event formats	M 21E	W21 E	M21 A	W21 A	M17-20E	W17-20E	M17-20A	W17-20A
Sprint	12-15	12-15	12-15	12-15	12-15	12-15	12-15	12-15
Middle distance	30-35	30-35	30-35	30-35	20-25	20-25	20-25	20-25
Long distance	75-90	60-70	75	60	70	55	60	50
Relays*	135	120	135	120	120	110	120	110
Specific events								
Australian 3-Days Prologue	12	12	n/a	n/a	12	12	n/a	n/a
Australian 3-Days Day 1	30	30	55	45	25	25	45	40
Australian 3-Days Day 2	80	60	55	45	65	50	45	40
Australian 3-Days Day 3	45	40	55	45	40	35	45	40
Australian Long Distance Championships	90	70	75	60	70	55	60	50
Australian Relay* Championships	135	120	n/a	n/a	120	105	n/a	n/a

* Relay times (for teams of 3) are given by the total time of the winning team.

16.11 In multi-day events the winning times should be 20-40% shorter than in 16.9 or 16.10.

16.12 In Relay races the winning times for those classes not specified in 16.10 should be 30% shorter than in 16.9 for each leg, up to a maximum of 45 minutes. The technical difficulty is the same as in 16.9.

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

- 16.14 For Sprint races, winning time is 12-15 minutes for all classes.
- 16.15 Ultra-Long distance races may be organised for classes M/W18 and above with winning times not more than double those in 16.9 or 16.10.
- 16.16 Night events (where the first start shall be one hour after sunset and the last start shall be at least twice the expected winning time before sunrise) may be organised for all classes, with winning times 20% shorter than in 16.9 or 16.10.
- 16.17 Where A, AS (A Short) and/or B classes are offered in an age class:
- The AS class course should be of the same technical difficulty as the corresponding A course and 45-55% of the distance.
 - The B class course should be technically easier than the A class course and about 30-40% of the distance.
- 16.18 For events in very hot or very cold conditions, anticipated winning times may be reduced with the approval of the Orienteering Australia Controller.
- A 16.19 M/W 21E and M17-20E classes must be conducted at Australian Championships, the
 SC Australian 3-Days and National Orienteering League events and may be conducted
 at State Championships provided there are at least four competitors, but otherwise
 may only be conducted following prior approval of the Orienteering Australia Council.
- SCHO 16.20 Courses shall be set to give the following winning times:
- | class | individual | relay |
|--------------|-------------------|--------------|
| M19 | 45-50 min | 35 min |
| W19 | 45-50 min | 35 min |
| M15 | 35-40 min | 30 min |
| W15 | 35-40 min | 30 min |

17. Restricted areas and routes

- 17.1 Rules set by Orienteering Australia or the organising Association to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event (see Environmental Guidelines – Appendix 7).
- 17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc, shall be described in the information and marked on the map. If necessary, they shall also be marked on the ground. Competitors may not enter, follow or cross such areas, routes or features.
- 17.3 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.

18. Control descriptions

- 18.1 The precise location of the controls shall be defined by control descriptions.
- 18.2 The control descriptions shall be in the form of symbols and in accordance with the IOF *Control Descriptions*.
- 18.3 The control descriptions, given in the right order for each competitor's course, shall be fixed to or printed on the front side of the competition map.
- 18.4 For interval start competitions, separate control description lists for each course shall be available either at the pre-start (for each competitor on the course) or before the competition begins.
- 18.5 Where control descriptions are made available to competitors before the competition begins, the following information shall be available:
- for individual competitions:
complete control descriptions for each race provided that they do not disclose information about courses that should remain secret—e.g. splitting systems, allocation to heats
 - for all other competitions, including relays:
a list of all control descriptions used, not indicating the sequence of controls within each course.

- 18.6 For a qualification race competition, if the qualification races and finals are organised on the same day, the control descriptions for the finals shall be handed out at least one hour before the first start.
- 18.7 M/W10, M/W12, M/W14 and all B classes shall be provided with control descriptions in both English and IOF symbols.

19. Control set-up and equipment

- 19.1 The control point given on the map shall be clearly marked on the ground and be equipped to enable the competitors to prove their passage.
- 19.2 Each control shall be marked by a control flag consisting of three squares 30 cm x 30 cm arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag shall be visible to competitors when they can see the described position.
- 19.4 Controls shall not be sited within 30 m of each other (15 metres for map scales of 1:5000 or 1:4000) (see also Appendix 2, #3.5.5).
- 19.5 A control shall be sited and the flag shall be hung so that the presence of a person punching does not significantly help nearby competitors to find the control.
- 19.6 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used. The figures shall be black on white, between 5 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).
- 19.7 To prove the passage of the competitors, there shall be a sufficient number of marking devices in the immediate vicinity of each flag.
- 19.8 If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner. Drinks shall be located at controls or compulsory crossing points.
- 19.9 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly labelled (see also Appendix 4: Health and Safety Guidelines).
- 19.10 All controls for which there are security concerns shall be guarded.

20. Punching systems

- 20.1 Only Orienteering Australia approved (electronic or other) punching systems may be used, as per Appendix 3.
- 20.2 For individual events where non-electronic systems are used, the control cards shall be available to competitors upon registration. For qualification races where finals are organised on the same day, the control cards for the finals shall be available at least one hour before the first start. For relays the control cards shall be available at least 2 hours before the first start.
- 20.3 When non-electronic systems are used, competitors are allowed to prepare the control card, e.g. by writing on it, by reinforcing it or by putting it into a bag, but not by cutting-off parts of the control card or re-sequencing the boxes.
- 20.4 When electronic systems are used, the competitors shall have the possibility of practicing at the model event and/or prior to starting.
- 20.5 Competitors shall be responsible for marking their own card at each control using the marking device provided. Competitors are responsible for correct marking, even if at some controls the marking is made by the organiser.
- 20.6 The control card must clearly show that all controls have been visited – see Appendix 3.

- 20.7 A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified. In the case of SportIdent, this rule means that:
- If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded;
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number).
- 20.8 When systems with visible punch marks are used, at least a part of the marking must be in the appropriate box for this control or in an empty reserve box. One mistake per competitor is acceptable, e.g. marking outside the correct box or jumping one box, provided all markings can be identified clearly. A competitor who attempts to gain advantage by inaccurate marking may be disqualified.
- 20.9 The organiser has the right to have the control card checked by officials at appointed controls and/or to mark the card.
- 20.10 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.
- 20.11 In relays, the control cards may be included on the maps and not handed out separately in advance. If the control boxes are on the map, then each box must be within 6 cm of the edge of the paper.

21. Equipment

- 21.1 Unless directed by the organisers in the invitation and/or the program, the choice of clothing and footwear shall be free.
- 21.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bibs shall not be larger than 25 cm x 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.
- 21.3 During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.
- 21.4 A whistle must be carried if stated by the organiser in the event entry form or program. This may only be used in cases of emergency, the distress signal being six blasts at ten second intervals, then a minute pause before repeating the pattern.
- NL 21.5 If all point scorers for a team are wearing full uniform, that team will earn bonus points. The bonus point will be 1 point for the mens and 1 point for the women's teams competition per event. The uniform bonus point is not awarded in the Junior teams division.
- NL 21.6 Official team uniform designs should be lodged with the Manager, High Performance by January 1 each year and are worn by competitors deemed to be likely to score points for the team.
- A 21.7 Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS devices with no map function or signal to aid the user in finding direction may be carried. The organiser may require competitors to wear a tracking device.

22. Start

- 22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.
- 22.2 In qualification race competitions, the first start in the finals shall be at least 3¹/₂ hours after the last start in the qualification races.

- 22.3 The start may be organised with a pre-start before the time start, situated at one edge of the warm-up area. If there is a pre-start, a clock showing the competition time to competitors shall be displayed there, and the competitor's names shall be called or displayed. Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.
- 22.4 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.
- 22.5 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control. If necessary, there shall be a marked route from the time start to the point where orienteering begins.
- 22.6 The competitor is responsible for taking the right map.
- 22.7 The point where orienteering begins shall be shown on the map with the start triangle and, if it is not at the time start, marked in the terrain by a control flag but no marking device.
- 22.8 Competitors who are late for their start time through their own fault shall be permitted to start. The organiser will determine and record at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.
- 22.9 Competitors who are late for their start time through the fault of the organiser shall be given a new start time.
- 22.10 The changeover between the members of each relay team takes place by touch. The changeover may be organised so that the incoming team member collects the map of the outgoing team member and hands it over as the changeover touch.
- 22.11 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.
- 22.12 With the approval of the Controller the organiser may arrange mass starts for the later legs for relay teams that have not changed over.
- 22.13 Drinks shall be provided at the start if it is more than ten minutes walk from the registration area for the average competitor.

23. Finish and time-keeping

- 23.1 The competition ends for a competitor when crossing the finishing line.
- 23.2 The run-in to the finish shall be bounded by tape or by rope. The last 20 m shall be straight.
- 23.3 The finish line shall be at least 2 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.
- 23.4 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.
- 23.5 The finishing time shall be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line. Times shall be rounded down to whole seconds, or to whole tenths of a second in Sprint races if suitable equipment, approved by OA, and suitable procedures are used. Times shall be given in either hours, minutes and seconds or in minutes and seconds only.
- A, B 23.6 Two independent time keeping 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.
- 23.7 In competitions with mass or chasing starts, finish judges shall rule on the final placings.
- 23.8 The organiser may set maximum running times for each class.
- 23.9 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest. (see also Appendix 4: Health and Safety Guidelines)

23.10 The organisers shall ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled. A search party shall be available at the end of the competition should a competitor be missing (see also Appendix 4: Health and Safety Guidelines).

24. Results

24.1 Provisional results shall be announced and displayed in the finish area or the assembly area during the competition.

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

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

24.4 The official results shall include the following information:

- Class (and course if applicable)
- Length of course
- Number of controls
- The names of all participating competitors
- Each competitor's club, team or Association as appropriate
- Each competitor's time
- Details of all protests (minus the name of the protestor) and their eventual resolutions

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 competitor ran.

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

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

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

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

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

24.10 The organiser has the discretion to disqualify any competitor who contravenes the rules laid out in this text.

A 24.11 The organiser shall arrange for publication of all event results on the Orienteering Australia web site on the day of the event. Digital copies shall also be sent to the Orienteering Australia Executive Officer and the Orienteering Australia Statistician with 3 weeks of the event.

A, B 24.12 Results of all events with Badge status shall be sent to the Orienteering Australia Badge Scheme Secretary

NL 24.13 Points for individual and team competitions shall be awarded according to the *National League Guidelines* (see OA Operational Manual 2.2).

SCHO 24.14 When the Australian Schools Championships is conducted as part of the Australian Championships program of events, the results shall be included in the publication of carnival event results.

25. Awards and prizes

25.1 Prizes for men and women shall be equivalent.

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

- A 25.3 The organisers shall arrange for suitable awards to be presented to the first three placegetters or the members of the first three teams in a relay. Such awards shall clearly indicate the event, the year, the age class and the placing.
- AC 25.4 Certificates shall be awarded to Resident Individual Champions in Australian Championships classes where the winner is a non-resident according to 6.3. The Resident Individual Champion certificates shall be prepared by Orienteering Australia. The Resident Individual Champions shall be referred to as the "Australian Champions".
- AC 25.5 The "Howden" Perpetual trophies shall be awarded to the M21E and W21E Resident Australian Long Distance Champions.
- AC 25.6 Teams races shall be conducted in the M21E and W21E classes for the "Silva" perpetual trophy and the "Swedish Ambassador's" perpetual trophy respectively at the Australian Long Distance Championships. The teams races shall be contested by resident teams representing each State Association, with the first 3 competitors to count.
- AC 25.7 An Interstate competition for the "OA Shield" shall also be conducted at the Australian Long Distance Championships. Points shall be allocated in all classes as follows:
- | | | | | | | |
|---------------------|-------------------|-----------|-------------------|-----------|-------------------|---------|
| Elite and A classes | 1 st : | 3 points, | 2 nd : | 2 points, | 3 rd : | 1 point |
| AS classes | 1 st : | 2 points, | 2 nd : | 1 point | | |
| B classes | 1 st : | 1 point | | | | |
- Orienteers who do not qualify as a resident under 6.3 shall be excluded when allocating points
- 3DAY 25.8 An interclub competition for the "Champion Club" trophy shall be conducted at the Australian 3 Days. Points shall be allocated in all age classes at the conclusion of Day 2 as follows:
- | | | | | | | | | | | |
|----------------------|-------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------|----------|
| Elite and A classes: | 1 st : | 5 points, | 2 nd : | 4 points, | 3 rd : | 3 points, | 4 th : | 2 points, | 5 th : | 1 point; |
| A Short classes | 1 st : | 4 points, | 2 nd : | 3 points, | 3 rd : | 2 points; | | | | |
| B classes | 1 st : | 3 points, | 2 nd : | 2 points, | 3 rd : | 1 point. | | | | |
- Orienteers who do not qualify as a resident under 6.3 shall be excluded when allocating points
- AC 25.9 An interstate competition to award the "Xanthorrhea Trophy" will be conducted at the Australian Relay Championships. Points shall be allocated in each class except "Mixed Age Classes", as follows:
- | | | | | | | |
|------------|-------------------|-----------|-------------------|-----------|-------------------|---------|
| A classes | 1 st : | 3 points, | 2 nd : | 2 points, | 3 rd : | 1 point |
| AS classes | 1 st : | 2 points, | 2 nd : | 1 points | | |
| B classes | 1 st : | 1 point | | | | |
- Unofficial and overseas teams shall be excluded when allocating points
- NL 25.10 After the final National League race of the season, the Manager, High Performance shall organise a ceremony to present awards to the winners of the National League Competition. The winners of the men's, women's and teams' divisions shall be presented with the perpetual trophies.
- BADG 25.11 The Orienteering Australia Badge Scheme shall operate according to the Orienteering Australia Badge Scheme Guidelines (see Appendix 6).
- SCHO 25.12 A team competition shall be conducted at the Australian Schools Individual Championships in each age class. The team result shall be determined by the sum of times of the three fastest finishers from each State.
- SCHO 25.13 In addition to any other badges, certificates or trophies, ASSC medallions may be presented to the first three placegetters or the first three teams in a relay.
- SCHO 25.14 An overall team competition for the "ASSOC Shield" shall be conducted with points awarded on team results in all classes in both the individual and relay competitions as follows:
- | | |
|-----|----------|
| 1st | 7 points |
|-----|----------|

2nd	6 points
3rd	5 points
4th	4 points
5th	3 points
6th	2 points
7th	1 point

SCHO 25.15 An Australian Honour Team may be announced at the end of the Australian Schools Championships. ASSC Australian Honour Team Medallions may be presented to those selected in the team.

26. Fair play

- 26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain. Competitors or spectators shall not interfere with control equipment.
- 26.2 In an individual interval start race, competitors are expected to navigate and run through the terrain independently.
- 26.3 Except in the case of an accident, obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.
- 26.4 Doping is forbidden. The *Orienteering Australia Anti-Doping Rules* apply to all Orienteering Australia events and the Orienteering Australia Council may require doping control procedures to be conducted.
- 26.5 The organiser, with the consent of the Controller, may decide to publish the venue of the competition in advance. If the venue is not made public, all officials shall maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.
- 26.6 Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 26.7 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors.
- 26.8 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 26.9 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.
- 26.10 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.
- 26.11 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- 26.12 Non-competitors who break any rule are liable to disciplinary action.

27. Complaints

- 27.1 A complaint can be made about infringements of these rules or the organiser's directions.
- 27.2 Complaints can be made by event or team officials, competitors or anybody else connected with the event.

- 27.3 Any complaint shall be made orally or in writing to the organiser as soon as possible. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.
- 27.4 There is no fee for a complaint.
- 27.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained by the complainant.
- 27.6 The organiser's decision in relation to any complaint shall be advised to all competitors affected by the decision.

28. Protests

- 28.1 A protest can be made against the organiser's decision about a complaint.
- 28.2 Protests can be made by team officials, competitors or event officials.
- 28.3 Any protest shall be made in writing to a member of the jury as soon as possible after the organiser's decision about a complaint.
- 28.4 There is no fee for a protest.
- 28.5 The result of any protest shall be advised to all competitors affected by the decision.

29. Jury

- 29.1 A jury shall be appointed to rule on protests.
- A 29.2 The jury members are appointed by the event organiser and approved by the Orienteering Australia Controller.
- A 29.3 The jury shall consist of 3 members plus the Orienteering Australia Controller who shall lead the jury but has no vote. One, and only one, member shall come from the State Association of the organiser. A minimum requirement for jury membership is Level 3 Orienteering Australia Event Controller Accreditation.
- 29.4 A representative of the organiser has the right to participate in the jury meetings but has no vote.
- 29.5 The organiser shall act according to the jury's decisions, e.g. to reinstate a competitor disqualified by the organiser, to disqualify a competitor approved by the organiser, to void the results in a class approved by the organiser or to approve results declared invalid by the organiser.
- 29.6 The jury is competent to rule only if all members are present. In urgent cases preliminary decisions may be taken if a majority of the jury members agree on the decision.
- 29.7 If a jury member declares him or herself prejudiced or if a jury member is unable to fulfil his or her task, the Orienteering Australia Controller shall nominate a substitute.
- 29.8 Arising from its ruling on a protest, the jury—in addition to instructing the organiser—may recommend that the Orienteering Australia Council excludes a person from some or all future Orienteering Australia events in the case of a major violation of the rules.
- 29.9 Decisions of the jury are final.
- B 29.10 The jury members are appointed by the event organiser and approved by the controller. If possible at least one member shall be from another State Association. A minimum requirement for jury membership is Level 2 Orienteering Australia Event Controller Accreditation.

30. Appeals

- 30.1 An appeal may be made against infringements of these rules, if the infringement is not related to a specific event or if a jury is not yet set up.
- 30.2 An appeal may be made by team officials, competitors, event officials or Associations.
- 30.3 An appeal shall be made in writing to the Orienteering Australia Board as soon as possible.
- 30.4 There is no fee for an appeal.

30.5 Decisions about an appeal are final.

31. Event control

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

A 31.2 The Orienteering Australia Council shall appoint the Orienteering Australia Controller at least 3 years prior to the event.

B 31.3 The State Association of the organiser shall appoint a Controller. The Controller appointed by the State Association shall be the Orienteering Australia Controller.

31.4 If the Orienteering Australia Controller is appointed by Orienteering Australia, he or she is the official representative of Orienteering Australia to the organiser, is subordinate to the Orienteering Australia Council and communicates with the Orienteering Australia Board.

31.5 For A events the Orienteering Australia Controller must be an accredited Level 3 Orienteering Australia Event Controller, for B events the Orienteering Australia Controller must be an accredited Level 2 Orienteering Australia Event Controller (see Appendix 5: Event Controller Accreditation). No Orienteering Australia Controller or Controller's Assistant may have any responsibility for a participating team.

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

31.7 The Orienteering Australia Controller shall work in close collaboration with the organiser, and shall be given all relevant information. All official information issued, such as entry forms and programs, shall be approved by the Orienteering Australia Controller.

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

- to approve the venue and the terrain for the event
- to investigate the event organisation and assess the suitability of the proposed accommodation, food, transport, program, budget and training possibilities
- to check that land access has been granted
- to check that the map conforms with the IOF standards
- to approve the courses after assessing their quality, including degree of difficulty, control siting and equipment, control descriptions, chance factors and map correctness
- to check any course splitting method and course combinations
- to approve the organisation and layout of start, finish and changeover areas
- to assess the reliability and accuracy of the time-keeping and results producing systems
- to assess arrangements and facilities for the media
- to assess any planned ceremonies
- to assess, where necessary, arrangements and facilities for doping tests
- to ensure that control markers, equipment and officials are suitably positioned
- to be present during the event
- to ensure that results and reports are distributed promptly

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

31.10 One or more assistants may be appointed by the Orienteering Australia Controller appointing body to help the Orienteering Australia Controller, particularly in the fields of mapping, courses, financing, sponsoring and media.

32. Event reports

- 32.1 No more than 6 weeks after the event, the organiser shall submit a report to the Orienteering Australia Controller containing:
- complete result lists
 - comments about the event
- 32.2 No more than 6 weeks after the event, the Orienteering Australia Controller shall send a report to the Orienteering Australia Controller appointing body.
- 32.3 The Orienteering Australia Controller shall submit an annual progress report to the Orienteering Australia Executive Officer.
- A 32.4 No more than 6 months after the event the organiser shall submit a report to the Orienteering Australia Executive Officer containing:
- one copy of all event invitations, information and programs including start lists
 - a final statement of accounts
 - comments about the event

33. Advertising and sponsorship

- 33.1 Advertising of tobacco and hard liquor is not permitted.
- 33.2 The Orienteering Australia Council may issue specific rules for advertising and sponsorship.

34. Media service

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

Appendix 1: General competition classes

1. Age classes

- 1.1 For competitors younger than 21, the classes W17-20 and M17-20, W16 and M16 and so on with intervals of 2 years are used. For older competitors, the classes W35 and M35, W40 and M40 and so on with intervals of 5 years are used (although 10 year age classes are recommended for group B events - see 4.1 below).
- 1.2 Each class may be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course length are named E (Elite)-if applicable, A, B, C and N (novice). Subclasses according to course lengths only are named S (short), M (medium) and L (long).

2. Parallel classes

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

3. Degree of difficulty

- 3.1 The degrees of navigational difficulty are defined as follows:

Very Easy Course must follow drawn linear features (tracks, fences, etc.). A control site is needed at every turning point and all control markers must be visible on the approach side. Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.

Easy Control sites must be on or near drawn linear features but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country. Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential. Control markers should be visible from the approach side by any reasonable route.

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

Hard Navigation should be as difficult as possible with small contour and point features as the preferred control sites; there should be no handrails and no large attack points nearby. Route choice should be an important element of most legs.

- 3.2 Where offered, AS classes should have the same degree of difficulty as the corresponding A class (e.g. M21A = hard, M21AS = hard)
- 3.3 Where offered, B classes should have one degree of difficulty lower than the corresponding A class (e.g. W21A = hard, W21B = moderate; M12A = easy, M12B = very easy)

4. Course groupings

4.1 As a guideline to course setters the following grouping of classes and courses is suggested for State Long Distance Championships and Badge events. Class-course groupings for Middle Distance and Sprint events should be based on the same relative speeds, but using winning times as specified by rules 16.10-16.14.

Course	Age Classes	Tech Diff	Relative Speed	Winning Time	Percentage Length
1	M21A	Hard	1.00	80	100
2	M17-20A, M35A	Hard	0.90	65	73
3	W21A, M45A	Hard	0.80	60	60
4	W35A, M21AS M16A	Hard	0.68 0.74	60 50	50
5	W45A W17-20A, M55A	Hard	0.62 0.70	60 50	45
6	W55A, M65A, W21AS, M45AS	Hard	0.55	50	35
7	W65A, M75A, W45AS, M55AS W16A	Hard	0.44 0.58	50 40	28
8	W75A, W55AS	Hard	0.35	50	22
9	M14A, M Open B, M Junior B	M	0.6	40	30
10	W14A, W Open B, W Junior B	M	0.5	30	20
11	W12, M12, Open Easy	E		25	3km
12	W10, M10, Open Very Easy	VE		20	2km

4.2 As a guideline to course setters the following grouping of classes and courses is suggested for the Australian Long Distance Championships. Similar class-course groupings should be used for the Australian 3-Days, the Australian Middle Distance Championships and the Australian Sprint Championships, but will require some modification according to rules 16.9-16.14, based on the same relative speeds.

Course	Age Classes	Tech Diff	Rel Speed	Winning Time	%-age Length
1	M21E	H	1.00	90	100
2	M17-20E, M35A	H	0.90	70	70
3	W21E, M21A	H	0.80	70	62
4	M40A	H	0.81	65	59
5	M45A	H	0.76	60	50
6	W35A, W40A, M21AS W17-20E, M17-20A, M50A	H	0.64 0.74	60 55	44
7	W21A, W45A M16A, M55A, M35AS	H	0.62 0.70	60 50	40
8	W50A W21AS, M60A	H	0.57 0.63	55 50	35
9	W55A, M65A, W35AS, M45AS	H	0.55	50	30
10	W17-20A, W60A, W65A, M70A, M75A, W45AS, M55AS W16A	H	0.48 0.58	50 40	27
11	W70A, W75A, W80A, M80A, W55AS	H	0.35	50	20
12	M14A, M Open B, M Junior B	M	0.6	40	30
13	W14A, W Open B, W Junior B	M	0.5	30	20
14	W12A, M12A, Open Easy	E		25	3km
15	W10, M10, Open Very Easy	VE		20	2km

Note that the size of start blocks may necessitate splitting some of these courses.

Appendix 2: Principles for course planning

- 1. Introduction**
 - 1.1 Purpose
 - 1.2 Application of these principles
- 2. Basic principles**
 - 2.1 Definition of orienteering
 - 2.2 Aim of good course planning
 - 2.3 Course planner's golden rules
- 3. The orienteering course**
 - 3.1 Terrain
 - 3.2 Definition of an orienteering course
 - 3.3 The start
 - 3.4 The course legs
 - 3.5 The controls
 - 3.6 The finish
 - 3.7 The elements of map reading
 - 3.8 Route choices
 - 3.9 The degree of difficulty
 - 3.10 Competition types
 - 3.11 What the course planner should aim
- 4. The course planner**

1. Introduction

1.1 Purpose

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

1.2 Application of these principles

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

2. Basic principles

2.1 Definition of orienteering

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

2.2 Aim of good course planning

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

2.3 Course planner's golden rules

The course planner must keep the following principles in mind:

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

2.3.1 Unique character

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

2.3.2 Fairness

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

2.3.3 Competitor enjoyment

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

2.3.4 Wildlife and the environment

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

It is usually possible to find ways to avoid interference with the most sensitive areas without damage. Experience and research have shown that even large events can be organised in sensitive areas without permanent damage if the correct precautions are taken and the courses are well planned.

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

2.3.5 Media and spectators

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

3. The orienteering course

3.1 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.

3.2 Definition of an orienteering course

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

3.3 The start

The start area should be so situated and organised that:

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

3.4. The course legs

3.4.1 Good legs

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

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

Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices. There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds. The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.

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

3.4.2 Fairness of legs

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

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

3.5 The controls

3.5.1 Control sites

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

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

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

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

3.5.2 The function of the controls

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

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

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

3.5.3 The control flag

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

As far as possible, a control flag should be placed in such a manner that competitors first see it only when they have reached the described control feature. For fairness, the visibility of the control should be the same whether or not there is a competitor at the control site. On no account should the control flag be hidden: when competitors reaches the control they should not have to search for the flag.

3.5.4 Fairness of control sites

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

3.5.5 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 19.4a, controls should not be sited within 30 m of each other (15 metres for map scales of 1:5000 and 1:4000). Further, 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 of 1:5000 or 1:4000). All distances are the straight line distance.

3.5.6 The control description

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

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

3.6 The finish

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

3.7 The elements of map-reading

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

3.8 Route choices

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

3.9 The degree of difficulty

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

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

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

3.10 Competition types

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

3.11 What the course planner should aim for

3.11.1 Know the terrain

The course planner should be fully acquainted with the terrain before he or she plans to use any control or leg.

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

3.11.2 Get the degree of difficulty right

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

3.11.3 Use fair control sites

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

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

3.11.4 Placing controls sufficiently far apart

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

3.11.5 Avoid over-complicating the route choices

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

3.11.6 Courses that are physically not too demanding

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

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

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

4. The course planner

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

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

The course planner is responsible for the courses and the running of the competition between the start and the finish line. The course planner's work must be checked by the controller. This is essential because of the numerous opportunities for error which could have serious consequences.

Appendix 3: Approved control cards and marking devices

[Competition Rule 20.1 states that 'Only Orienteering Australia approved (electronic or other) punching systems may be used'.]

- The only automatically approved control registering systems are:
 - the traditional pin punch and control card system,
 - the *Emit* Electronic Punching and Timing system
 - the *SportIdent* system.
 -
- With respect to the traditional system of punching, the non-electronic control card must satisfy the following specifications:
 - it must be made of resistant material and not exceed 10 cm x 21 cm in size
 - each punch box must have a minimum side length of 18 mm
 - three boxes must be clearly marked as reserve boxes.

Competitors are allowed to prepare the control card, e.g. by writing on it, by reinforcing it or by putting it into a bag, but not by cutting-off parts of the control card.
- With respect to the *Emit* system, the label attached to the competitor's electronic control card for back-up marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water). It is the competitor's responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.
- With respect to the *SportIdent* system, a back-up unit must be present at each control – either a second electronic unit or a needle punch. It is the competitor's responsibility to ensure that the electronic punch is in the e-card by not removing the e-card until the feedback signal has been received. If, and only if, no feedback signal is received, the competitor must use the back-up unit.
- The control card, electronic or otherwise, must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault and that the competitor visited the control. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances such evidence is not acceptable.
- When systems with visible punch marks are used, at least part of the punch mark must be in the appropriate box for this control or in an empty box. One mistake per competitor is acceptable, e.g. punching outside the correct box or jumping one box, provided all punch marks can be identified clearly. A competitor who attempts to gain advantage by inaccurate punching may be disqualified.

Appendix 4: Health and safety guidelines

1. General hygiene

- It is the responsibility of all orienteers and event officials to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases.
- All orienteers with prior evidence of infectious diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
- It is the responsibility of the organisers of an event to ensure that toilets and hand washing facilities, if supplied at events, should be kept clean and tidy and that adequate supplies of toilet paper, fresh water for washing, soap, paper hand towels, refuse disposal bins and disinfectants should be available at all times.
- All clothing, equipment and surfaces contaminated by blood may be treated as potentially infectious. Disposable surgical rubber or plastic gloves shall be provided by the event organiser for use by anyone required to handle equipment which has also become contaminated with blood (e.g. control cards or maps)

2. Drinking water

[Competition Rule 19.8 states that: "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. Drinks shall be located at controls or compulsory crossing points."]

[Competition Rule 19.9 states that: 'At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly labeled']

- The volume of water provided should allow for 200-300 ml per competitor passing through the drinks point.
- The sharing of drink containers should not occur and competitors should not be able to immerse the hands in water supplied for drinking. To this end water at events must not be supplied in open containers such as garbage containers. Refreshments at events should be supplied in sealable containers, preferably with taps.
- Refreshments shall be dispensed in disposable cups. The cups should be discarded after use so that they cannot be reused and in such a way as to pose no environmental problems.
- Competitors may be encouraged to carry their own water supply or cups on courses, but this in no way diminishes the responsibility of organisers in supplying enough drinking water and disposable cups for all competitors passing through the drinks point.
- For those events where the expected temperature is expected to exceed 20°C, organisers shall provide refreshments at more frequent intervals appropriate to the expected event temperature.

3. First aid

[Competition Rule 23.9 states that: 'There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest']

- Organisers must ensure that adequate first-aid equipment is available at events and that any person who, on behalf of the organisers, treats an orienteer with open cuts and abrasions should wear disposable rubber or plastic gloves.
- Qualified personnel should be available for the duration of the competition and until all competitors have finished
- Suitable transport (e.g. 4WD vehicle) should be available in case of an emergency in the terrain
- The organisers should have the telephone number of an available local doctor or hospital.

4. Search and rescue

[Competition Rule 23.10 states that: 'The organisers shall ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled. A search party shall be available at the end of the competition should a competitor be missing.']

- Where possible the search party should consist of people with local knowledge (e.g. course setter, controller).
- Suitable transport (e.g. 4WD vehicle) should be available for use by the search party
- The organisers should ensure that local authorities responsible for search and rescue have been notified about the event and obtain an emergency telephone contact number.

Appendix 5: Event Controller Accreditation

1. Orienteering Australia Event Controllers

Accreditation as an Orienteering Australia Event Controller is available at three levels (Level 3, 2 and 1). A controller appointed to control a particular event shall be accredited at the correct (or higher) level for that event, as described below. The role and minimum responsibilities of controllers are as defined in Competition Rule 31.8.

2. Grouping of Events

For the purposes of controller accreditation and re-accreditation, the grouping of events as defined in Competition Rule 1.5 is further sub-divided as follows:

Group A events

Sub-group A1 Australian Championships (Long Distance, Middle Distance, Sprint and Relay),

Australian 3 Days (overall),
National Orienteering League Events (see also A2)

Sub-group A2 Australian 3 Days (single days)

National Orienteering League Event in a series overseen by a Level 3 Controller

Group B events

Sub-group B1 State Championships (Long Distance, Middle Distance and Sprint),
Australian Schools Championships,

Sub-group B2 Badge Events,
other events as determined by State Associations

Group C events

Sub-group C1 Pre-entry OY Events,
other pre-entry Group C events

Sub-group C2 Enter-on-the-day OY Events,
other Group C events justifying a controller

Sub-group C3 other minor events

The minimum level of controller as required by Orienteering Australia for events under its control or as recommended to State Associations for other events are as follows:

Sub-group A1 Level 3

Sub-group A2 Level 2

Sub-group B1 Level 2

Sub-group B2 Level 2

Sub-group C1 Level 1, plus experience in pre-entry events

Sub-group C2 Level 1

Sub-group C3 Controller optional, but may be used to advise an inexperienced organiser or course-planner.

3. Responsibility for Accreditation of Controllers

Accreditation of controllers at Level 3 shall be the responsibility of the OA Board through the Technical Committee Chairperson. In order to gain accreditation as a Level 3 controller the minimum requirements defined below shall be met.

The accreditation of controllers at Levels 2 and 1 shall be the responsibility of individual State Associations. In order to gain accreditation as a Level 2 or 1 controller the minimum requirements defined below shall be met.

4. Level 3 Event Controller

4.1 A Level 3 controller is required for all Group A1 events and any other events as determined by the OA Board.

4.2 To be accredited as a Level 3 controller the following minimum requirements shall have been met:

- at least 5 years current competition experience in A or Elite classes;
- competed in several Group A events, including events held interstate, within the past 5 years;
- been the main course planner at a Group A or Sub-group B1 event within the previous 10 years;
- been the main organiser of a Group A or Group B event within the previous 10 years;
- successfully controlled a Sub-group A2, Group B or Sub-group C1 event within the previous 10 years;
- attend a National Controller Workshop (Level 3); and
- endorsement by the State Association

At least one of the requirements for prior experience as a course planner or as an organiser must be satisfied at a Group A event.

4.3 Accreditation at Level 3 shall be authorised by the OA Board through its Technical Committee Chairperson and shall be valid for 10 years.

4.4 Provisional accreditation only, shall be awarded until the candidate successfully controls a Group A or Sub-group B1 event.

4.5 When a controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix. At least 50% of the points must be gained by successfully controlling an event at the appropriate level.

5. Level 2 Event Controller

5.1 A Level 2 controller (or above) is required for all Sub-group A2 or Group B events and any other events as determined by the State Association.

5.2 To be accredited as a Level 2 controller the following minimum requirements shall have been met:

- at least 3 years current competition experience, including a substantial number of events in A or Elite classes;
- competed in several Group A or B interstate events, within the past 3 years;
- the main course planner at a Group A, B or Sub-group C1 event within the previous 10 years;
- the main organiser of a Group A, B or Sub-group C1 event within the previous 10 years;
- successfully controlled a Group C event within the previous 5 years;
- attend a State Controller Workshop (Level 2); and
- endorsement by the State Association.

5.3 Accreditation at Level 2 shall be authorised by the State Association and shall be valid for 8 years.

5.4 Provisional accreditation shall be awarded until the candidate successfully controls a Sub-group A2, Group B or Sub-group C1 event.

5.5 When a controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix. At least 50% of the points must be gained by successfully controlling an event at the appropriate level.

6. Level 1 Event Controller

6.1 A Level 1 controller is required for Sub-group C1, C2 or those C3 events as determined by the State Association.

6.2 To be accredited as a Level 1 controller the following minimum requirements shall have been met:

- be capable of completing orienteering courses set to hard navigation standard;
- have set courses successfully at all levels from very easy to hard navigation standard;
- have a range of organisational experience covering all aspects of a Group C event;
- attend a State Controller Workshop (Level 1); and
- be endorsed by their State Association.

6.3 Accreditation at Level 1 shall be authorised by the State Association and shall be valid for 5 years.

6.4 Provisional accreditation shall be awarded until the candidate successfully controls a Group C event.

6.5 When a controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix. At least 50% of the points must be gained by successfully controlling an event at the appropriate level.

7. Re-accreditation Points

Details of the points available for re-accreditation are set out in the following table:

Task	Number of points towards re-accreditation at:		
	Level 1	Level 2	Level 3
Controlling event – Group A or B1	NA	NA	40*
Controlling event – Group B or C1	NA	30*(a)	30
Controlling event – Group C event	20*	20	20
Course-setting event – Group A event	25	25	25
Course-setting event – Group B event	20	20	20
Course-setting event – Group C1/2	15	15	15
Course-setting event – Group C3 event	10	10	10
Organising – Group A event	25	25	25
Organising – Group B event	15	15	15
Organising – Group C1/2 event	10	10	10
Organising – Group C3 event	5	5	5
Attend update session	10	10	10
Conduct controller workshop	20	20	20
Train new controller	10	10	10
Other appropriate tasks	As determined by State Association Technical Director		As determined by OA Technical Director
Total points required	40	60	80
Re-accreditation period	5 years	8 years	10 years

* Mandatory task

(a) May also include a Group A2 event.

Appendix 6: Badge scheme rules

1. Objectives

The aims of the Badge Scheme are to recognise the achievements of a consistent orienteering standard relative to ones age-group peers and to be a fund raising activity for Australian Teams to World Championships.

2. Nomenclature

The Orienteering award shall be called a GOLD, SILVER or BRONZE badge as appropriate and shall be obtained by qualifying and then, upon application, by the payment of the prescribed fee to Orienteering Australia.

3. Badge design

The badge shall be 50 mm square; woven; back and over-locked (in red); with a hopping-kangaroo motif in gold, white or rust (to denote appropriately a gold, silver or bronze badge) facing left; on a background divided diagonally from bottom left to top right in which the upper triangle shall be white and the lower triangle shall be red.

The year and class in which the badge is earned shall be marked horizontally in black in the top left corner.

4. Eligibility

Any member of an association or body affiliated with Orienteering Australia or IOF shall be eligible to apply.

5. Badge credit events

5.1 The events at which badge credits may be earned are:

- Australian Long Distance, Middle Distance and Sprint Orienteering Championship,
- Australian 3-Days,
- ACT Long Distance Orienteering Championship,
- NSW Long Distance Orienteering Championship,
- Queensland Long Distance Orienteering Championship,
- SA Long Distance Orienteering Championship,
- Tasmanian Long Distance Orienteering Championship,
- Victorian Long Distance Orienteering Championship,
- WA Long Distance Orienteering Championship,
- Nominated Orienteering Australia controlled badge events (see 5.2 below),
- Any other special event or Orienteering Australia controlled event as approved by the Orienteering Australia Council and with such approval being advertised in an Orienteering Australia Bulletin.

5.2 Nominated Orienteering Australia controlled badge events shall be limited to two (minimum) up to 4 (maximum) per calendar year in each state. States are encouraged to nominate both Middle Distance and Sprint races as badge events.

6. Qualification for a badge

6.1 An orienteer shall qualify when 3 badge credits have been earned such that the third credit is attained within two years of attaining the first credit. The year in which the third credit is earned shall be considered as the year in which the badge is earned.

6.2 A badge credit shall be earned by bettering the cut-off time for the credit standard appropriate to the relevant age class

6.3 The cut-off times for the appropriate credit standards shall be calculated for each class in each age-group according to the following formulae:

A Classes

Winners time x 1.25 (Gold Credit)

Winners time x 1.50 (Silver Credit)
 Winners time x 2.00 (Bronze Credit)
AS, AX Classes
 Winners time x 1.50 (Silver Credit)
 Winners time x 2.00 (Bronze Credit)

B Classes
 Winners time x 2.00 (Bronze Credit)

- 6.4 When Elite classes are offered (by special approval of Orienteering Australia or in accordance with parts 4 & 5 of the Technical Regulations) gold, silver and bronze credits will be available for both Elite and A Class competitors in the age class concerned
- 6.5 In multi-day events the times used in determining each individual's final placing shall be used in calculations for badge credits.

7. Application for a badge

- 7.1 Orienteers should apply in writing to the Badge Scheme Secretary nominating the three events in which credits were obtained, and should pay the current fee as determined by the Orienteering Australia Council.
- 7.2 The claiming of a badge using a credit of a higher standard shall not exclude the future use of that credit to claim a badge of higher standard.
- 7.3 Badge credits shall be transferable between age-groups provided the competitor is eligible to compete within each age-group.

8. Administration

- 8.1 The Badge Scheme Secretary shall report to the Technical Committee and be responsible for maintaining records of accredited badge event results; ensuring badge credit cut-off time calculations are correct; forwarding appropriate badges upon receipt of application together with required fees; keeping administrative records and providing the editor of "The Australian Orienteer" with updated lists of badge recipients for publication.
- 8.2 State Association shall provide the Badge Scheme Secretary with complete result lists and course length details as soon as possible after events.

9. Finance

- 9.1 Monies collected shall be used to administer the scheme.
- 9.2 Any surplus over costs shall be entered into the fund to finance Australian Teams to World Orienteering Championships.
- 9.3 Any loss incurred shall be met by Orienteering Australia.

Appendix 7: Environmental code of practice

IOF resolution on good environmental practice

At its meeting on 12/14 April 1996, the Council of the International Orienteering Federation, acknowledging the importance of maintaining the environmentally friendly nature of orienteering, and in accordance with the GAISF Resolution on the Environment of 26 October 1995, adopted the following principles:

- to continue to be aware of the need to preserve a healthy environment and to integrate this principle into the fundamental conduct of orienteering
- to ensure that the rules of competition and best practice in the organisation of events are consistent with the principle of respect for the environment and the protection of flora and fauna
- to cooperate with landowners, government authorities and environmental organisations so that best practice may be defined
- to take particular care to observe local regulations for environmental protection, to maintain the litter-free nature of orienteering and to take proper measures to avoid pollution
- to include environmental good practice in the education and training of orienteers and officials
- to heighten the national federations' awareness of worldwide environmental problems so that they may adopt, apply and popularise principles to safeguard orienteering's sensitive use of the countryside
- to recommend that the national federations prepare environmental good practice guidelines specific to their own countries

Orienteering Australia environmental code of practice

1. Introduction

Orienteering is an outdoor sporting and recreational activity involving navigating cross country with the aid of a map and compass. As the sport is based primarily on the use of natural landscapes, those who participate generally have a high level of environmental awareness and a desire to cooperate with land owners in meeting their particular requirements.

The sport is highly dependent on access to both private and public land to conduct events and the full cooperation of land owners and managers is vital for its ongoing growth. This Environmental Code of Practice has been developed to clearly demonstrate what is expected of both organisers and competitors.

2. Purpose

This Code of Practice is primarily intended to serve as a guide to organisers and competitors to ensure that our activities have minimal impact on both natural and constructed features of our competition areas.

Secondly, it will provide a means by which both private and public land owners and managers can be informed of the steps that we take to avoid adverse impacts resulting from our sport.

3. Statement of intent

Orienteering Australia and its member associations are committed to ensuring that the sport of orienteering is conducted in a manner that is environmentally sound and in accordance with landowner requirements. Furthermore Orienteering Australia will ensure that organisers and competitors are made aware of this policy and the means by which it will be implemented.

4. Orienteering Australia responsibilities

- 4.1 Orienteering Australia will include this code of practice in the Technical Regulations governing the conduct of the sport of Orienteering within Australia.

- 4.2 Orienteering Australia will ensure the regular review and updating of the code. From time to time and in conjunction with the State Associations specific impacts will be monitored to ensure best practice is followed. The Federation and its State Associations will work with landowners to ensure the sport is conducted in an environmentally acceptable manner.
- 4.3 Orienteering Australia will encourage research, collate and disseminate information on the environmental impacts of orienteering.
- 4.4 The Orienteering Australia Director, Technical will be responsible for coordinating the implementation and monitoring of the code.

5. State Association responsibilities

- 5.1 State associations and clubs must be conscious of the need to collect data on the impact of orienteering and to pass on any substantial or significant reports to Orienteering Australia. Studies may be commissioned by the State Associations or clubs using the skills of professional consultants.
- 5.2 Requests by land owners for studies to be undertaken should be welcomed and, providing funding is made available, every cooperation should be given to researchers to help them carry out valid independent studies.
- 5.3 Map files should be maintained and updated with copies of courses to assist with monitoring impacts over a period of time and to provide a reference for course setters to avoid overuse of control sites.

6. Event organisers' and controllers' responsibilities

6.1 Area selection

In selecting areas for orienteering the following points should be considered

- Whether an area is capable of sustaining the scale of the proposed event without excessive impacts on the physical environment or conflicts with other users.
- Where seasonal sensitivities exist, for example, due to wildlife breeding, lambing or other rural operations or climatic extremes, schedule events in those areas to avoid sensitive periods.
- Once an area has been selected, regular liaison must occur with the relevant owner or manager to ensure their requirements are incorporated into planning for the event at an early stage. When necessary, relevant permits must be obtained and organisers must ensure that everyone associated with the event is aware of the conditions that may apply.

6.2 Access and parking

- Consult with owners and managers on selection of parking and assembly areas.
- Check that roads and tracks are adequately formed for the number of vehicles expected. Adverse weather conditions must be considered.
- Clearly define prescribed routes across open areas and provide attendants to direct and control parking.
- Vehicles should not be parked in areas of long dry grass if there is a risk of fire caused by hot exhausts.
- Manage gate closure by signs or attendants.
- Ensure that stock are not adversely affected by the movement of vehicles or people.
- Car pooling should be encouraged.

6.3 Area management

- Signs must never be nailed to trees because of the danger to felling and milling operations and also the risk of introducing disease into the tree.
- Secure permission to use pit toilets and agree siting. Portable toilets may be required in water catchment areas, areas of high public use, environmentally sensitive areas and on land where the management authority or owner does not permit pit toilets.

- Check whether fire restrictions apply and inform competitors of such restriction and of any precautions that are necessary. As a general principle, the lighting of fires at events should not be allowed and smoking should be discouraged.
- Assembly areas must be planned to ensure minimum impact on vegetation. Areas of concentrated activity such as adjacent to start, finish, results and food sales must be carefully located.
- Particular care should be taken when selecting the route to remote start points to avoid creating tracks through sensitive areas or areas which would take some time to recover.
- The finish chute area should be located away from steep, erodible slopes or areas of sensitive vegetation.
- All rubbish must be removed from the area. Competitors should always be encouraged to take out their own waste but adequate rubbish collection facilities must be provided. A thorough inspection of the area must be undertaken after the last competitors have left the area. All tapes to mark control sites or specific routes must be removed. The area surrounding water points on courses must also be carefully checked and cleaned if disposable cups or bottles are provided.
- Respect the rights of other users of an area when an orienteering event is in progress by sharing or, if practical, avoiding public areas and other facilities.
- If public announcement systems are used, design and locate these to minimise the spread of noise outside the assembly area.

6.4 Course setting

- When setting courses in sensitive areas thought must be given to numbers of competitors passing or visiting a specific point. Control sites are an obvious example where care must be taken to minimise impacts but other areas to be considered may include obvious crossing points at fences or creeks, open marshes, mossy surface rock and soft earth embankments.
- In some cases, after consultation with land managers, it may be necessary to declare areas as 'out of bounds' because of management, security or privacy factors. An area may be undergoing regeneration or seasonal factors may dictate that the area should be avoided to prevent any risk of damage. Such restrictions need to be clearly communicated to competitors.
- On property containing stock or crops, owners must be consulted to determine what, if any, measures must be taken to avoid disturbance. Appropriate measures must be clearly communicated to competitors if courses pass close to such areas. Out of bounds areas must be clearly shown on each competitor's map.
- If the area contains known sites of natural or cultural significance which may be disturbed by the movement of orienteers, avoid placing controls on or near these sites or setting legs which would concentrate the movement of orienteers through them. (It may be counter-productive to mark such areas as out of bounds as this can attract undue attention to the sites).
- The property owner's requirements in regard to fence crossing must be communicated to competitors. In some cases it may be necessary to create and identify specific crossing points.
- If the area contains animals which flee rather than hide when disturbed (kangaroos, wallabies, sheep, wild pigs), endeavour to plan courses with a view to reducing continual disturbance to these animals. This may be done by having all courses follow the same general direction or by leaving parts of the area free of controls or obvious route choices.
- Some areas may contain sensitive surface rock that would be subject to damage by spiked shoes. If required by the relevant land managers, pre-event advice must be given to competitors that such shoes cannot be used.

6.5 Competitors' responsibilities

- Read and adhere to organisers instructions.
- Pets and firearms must not be taken to events because of the restrictions that generally apply.
- Fire restrictions must be observed.
- Gates must always be closed unless there is a specific instruction otherwise.

- Report any damage to property to the organisers.
- Avoid spreading seeds and mud when cleaning your shoes and clothing. This can be done by cleaning them at the event site, provided that this does not spread material from an infested area on the course to a 'clean' assembly area. If cleaning at home, dispose of the material so that it is not spread elsewhere. Do not leave the cleaning until you arrive at the next event site.
- Avoid fauna and stock as much as possible. Cattle trapped at fence corners or in a confined area can stampede and should always be given a wide berth.
- Try to avoid disturbing wildlife. Keep a distance whenever possible to avoid stressing any animal.
- Remove your own rubbish. Do not leave it for the organisers to collect and take away. Drive and park as directed by the organiser. The organiser is responsible to ensure you do not cause damage by becoming bogged or by trampling sensitive vegetation or pasture.
- Wherever possible avoid damage to sensitive areas such as wetlands, marshes and soft earth embankments. Mossy rock surfaces should be avoided to prevent damage and also because they could be slippery and dangerous.
- Respect the rights of other users of the area such as walkers, picnickers, and of course resident land owners. Do not approach farm residences.

Appendix 8: Event Format.

1 Sprint

1.1 The Profile

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

1.2 Course planning considerations.

In Sprint spectators are allowed along the course. The course planning shall consider this, and it may be necessary for controls to be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure the competitors are not hindered. The start should be at the Assembly Area and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Assembly Area. The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bounds areas. If there is such a risk, a referee should be at such locations to prevent possible attempts. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

1.3 The map

The ISSOM specification shall be followed. The map scale is 1:4000 or 1:5000. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering passage must be correctly represented and drawn to size.

1.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 12-15 minutes, preferably in the lower part of the interval. The start interval is 1 minute and a time-trial, individual format is used. Timing is to 1 second using electronic means. The competitor must have actually started before having access to the map.

2. Middle Distance

2.1 The profile

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

2.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. The start should be at the Assembly Area and the course should preferably make runners pass the Assembly during the competition. The demand on section of the Assembly Area is subsequently high,

providing both suitable terrain and the opportunity to make runners visible to spectators. Spectators are not allowed along the course except for parts passing the Assembly (including controls in the Assembly Area).

2.3 The Map

The standard ISOM specification shall be followed. The map scale is 1:10000. The terrain shall be mapped for 1:15000 and then be strictly enlarged as specified by ISOM.

2.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 30-35 minutes. The start interval is 2 minutes and a time-trial, individual format is used. Timing is to 1 second, preferably by electronic means. The competitor shall have actually started before receiving the map.

3 Long Distance

3.1 The profile

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

3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Assembly Area and the course should make competitors pass the Assembly during the competition. A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km, depending on the type of terrain. The course should comprise two or more of such long legs, (still requiring full concentration on map reading along the route chosen). Another important element of the Long distance is the use of course setting techniques which break up any grouping of runners, such as the use of butterflies and routing the course through technical or low visibility terrain. Spectators are not allowed along the course except for sections passing through the Assembly (including controls in the Assembly Area).

3.3 The map

The standard ISOM specification shall be followed. The map scale is 1:15000.

3.4 Winning time, start interval and timing

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

4 Relay

4.1 The profile

The Relay profile is team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the Middle than the Long distance. Some elements characteristic of the Long distance, such as longer, route choice legs, should be used, allowing competitors to pass each other without making contact. Good Relay terrain has characteristics that make runners lose sight of one another, such as denser vegetation, many hills and depressions, and the like.

Terrain with continuous good visibility is not suitable for the Relay

4.2 Course planning considerations

The Relay is a spectator friendly event in offering a competition between teams, head-to-head, and with the first to finish being the winner. The Assembly/Finish Area layout and the course planning must take this into consideration. The competitors should, on each leg, pass the Assembly/Finish, and if possible, runners should be visible as they approach the final control. An appropriate number of intermediate times and possibly in forest commentary should be provided. The mass-start format requires that a course planning technique such as forking be used to separate runners from each other. Where forking is used, the time differences between alternatives should be small to enhance the head-to-head nature of the race. For reasons of fairness, the very last part of a leg should be the same for all runners on that particular leg. Spectators are not allowed along the course except for parts passing the Assembly/Finish (including controls in the Assembly/Finish Area).

4.3 The map

The standard ISOM specification shall be followed. The map scale is 1:15000 or 1:10000. The decision on map scale shall be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale). When 1:10000 is used the terrain shall be mapped for 1:15000 and strictly enlarged as specified by the ISOM.

4.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 120 minutes for the women's relay and 135 minutes for the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 60 minute or shorter than 30 minutes. The Relay is a mass start format and consists of three legs for both women and men. Timing should preferably be by electronic means, but manual systems may be used.

SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay
Controls	Technically easy	Consistently technically difficult	A mixture of technical difficulties	A mixture of technical difficulties
Route Choice	Difficult route choice, requiring high level of concentration	Small and medium scale route choice	Significant route choice including some large scale route choice	Small and medium scale route choice.
Type of Running	Very high speed	High speed but requiring runners to adjust their speed for the complexity of the terrain	Physically demanding, requiring endurance and pace judgement	Highspeed often in close proximity to other runners who may, or may not, have the same controls to visit
Terrain	Very runnable park, streets or forest	Technically complex terrain	Physically tough terrain allowing good route choice possibilities	Some route choice possibilities and reasonably complex terrain
Map	1:4000 or 1:5000	1:10000 (or sometimes 1:15000)	1:15000 or 1:10000	1:10000 (or sometimes 1:15000)
Start Interval	1 minute	2 minutes	2 minutes	Mass start
Timing	1 second	1 second	1 second	Finish order across line
Winning Time	12-15 minutes	30-35 minutes	See rules 16.9 and 16.10	See rules 16.10 and 16.12
Summary	Sprint orienteering is a fast, visible easy-to-understand format allowing orienteering to be	Middle distance orienteering requires fast, accurate orienteering for a moderately long	Long distance orienteering tests all orienteering techniques as well as speed and physical	Relay orienteering is a competition for teams of three runners running on a virtually head-to-head basis with

SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay
	staged within areas of significant population	period of time. Even small mistakes will be decisive.	endurance.	a first-past-the-post winner. Exciting for spectators and competitors.

Appendix 9: The Leibnitz Convention

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

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

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

We shall aim to:

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

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

Appendix 10: Guidelines regarding complaints and protests

These guidelines are intended for competitors (and team officials), organisers and juries.

Competitors and team officials

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

Organisers

Organisers should be conversant with the competition rules and have a copy of the rules readily available, and be ready and willing to discuss any relevant rules with a complainant. In fairness to complainants, who may not be familiar with the rules, organisers should advise them of their right to protest the ruling of the organiser, and offer advice concerning the formalities for lodging protests. It is important that organisers should not intimidate a complainant by overemphasising the formal requirements of a protest; however, in fairness to the complainant, they should be made aware that the protest jury can only assess the protest within the framework of the rules.

Protest juries

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

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

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

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

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

Voiding courses

Voiding courses is a last resort, to be used only when the results no longer reflect the competition. For a course to be voided, it is necessary that a significant number of competitors (that is, more than a third of the field) have been significantly disadvantaged (that is, the competitor's elapsed time is no longer a good measure of their performance); whether by an organisational or planning error; or by a factor outside the powers of the organiser to control. As a general rule, only when the results board bears no resemblance to the race should the competition be voided. It is not relevant whether one of those competitors affected was a potential winner.

It is tempting, but almost always wrong, to try to make use of the electronic punching split times to "remove" a problem control.

Appendix 11: Australian Three Days – Good Friday Events

The required events on Good Friday as part of or as a precursor to the Australian Three Days are the Elite Prologue and a Public Prologue including a Family Team event open to all orienteers.

The Elite Prologue is sprint format and applies to classes M/W21E and M/W17-20E. Generally each of Male Senior and Juniors, and Female Senior and Junior Elites run the same course.

The aim of the Public Prologue is to:

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

Details of the Public Prologue are as follows:

1. The Public Prologue will be held on the same area as the Elite Prologue and be open to any participants.
2. The Public Prologue event shall not count towards the results of the Australian Three Days.
3. This event shall follow the Elite Prologue and shall include an individual event, and shall have a Family Teams competition, which may be a Relay format event. The details can be determined at the discretion of the organisers. If a traditional Relay event is held, the Relay may be run before, after or concurrently with the individual Public Prologue.
4. Group mini-mass starts may be held to reduce the overall event duration
5. At least three courses to be offered in the public prologue e.g. same course as Men's elite, same course as Women's elite and a Short Easy Navigation course
6. Handicap for the Family Teams event shall be based on both age and gender.
7. For a team in the Family Teams event to be official, one member of the team must be directly related to each of the other two team members in one of the following categories: spouse or *de facto* spouse, parent, child, brother, sister, grandparent, grandchild, in laws (parent, brother, sister), adopted child, nephew, niece.
8. Options for the Family Teams competition are either:
 - a. Family Teams event as part of the Public Prologue, based on outright and handicap results from each of three courses as follows: long course (same as the senior men's Elite Prologue), medium course (same as the senior women's Elite Prologue), short course (with easy navigation, winning time 10-15 mins). Note also:
 - i. Results of entrants who have participated in the Senior and Junior Elite Prologue may count towards a team's result.
 - ii. All courses are available for individual entry (i.e. entrants who are not part of a team)
 - iii. A single event is held for individual and team entrants i.e. all participants run concurrently, as part of the Public Prologue
 - iv. Assumes the same course is used for Junior and Senior elite men and women respectively
 - or
 - b. Traditional Family Relay event conducted over three legs at least one of which shall be a short course with easy navigation. The other legs may be the same courses as the men's and women's Elite Prologue, or other courses of similar length and navigational standard set at the discretion of the organiser to support a relay format.

- i. Participation in the (Elite) Prologue shall not preclude participation in the such a relay event i.e. a relay member may have already run the Elite Prologue
- ii. Results are based on both outright and handicap times