

ORIENTEERING

TECHNICAL RULES AND
REGULATIONS





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GENERAL

The purpose of the “ISF Orienteering Technical Rules and Regulations” is to provide standardised rules and regulations for all Orienteering competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner.

The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF orienteering events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and competition rules for International Orienteering Federation (IOF) – Foot orienteering events under the direction of the ISF Technical Commission of Orienteering. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission

- The ISF Orienteering events are open to individuals and/or school teams and/or selected teams. Specific sports formats shall be described in the event bulletins.
- The competition is organized in: boy categories, girl categories and mixed category.
- The composition of each delegation, the number of teams/individuals, and the final sport events that each ISF Orienteering event is accepting will be defined for each event accordingly.
- The competition is held over five (5) days for any event type.

AGE CATEGORY

- For the **U15 category**, students aged 13, 14 and 15 on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged 16, 17, and 18 on 31 December of the year of the competition concerned can participate.



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation is entitled to enrol one coach per team and for each category of individually selected athletes.



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Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

3. SPORT PROGRAM

EVENTS

- Long distance /middle distance / sprint distance / friendship team event/ mixed friendship sprint relay

The sport program for each ISF Orienteering event will be defined for each event accordingly.

ENTRIES PER EVENT

Depending to the event,

- If participation is only open for school teams and individual athletes, an athlete who is not part of a school team runs the same courses as the school teams but will be classified individually. If a school team has less than 3 runners in a category, these runners will only take part as an individual. If more than 120 athletes are registered for one course, the school teams and individual athletes will run a separate course.
- If participation is open for school teams and selected teams, in each category the School Teams and Selected Teams will cover almost the same distance on separate courses. These courses will be in the same area, but with different controls. This will result in courses of varying difficulty.

4. TECHNICAL RULES

Courses

1. Courses

- The standard of the courses shall be worthy of an international school orienteering competition. This means that the level shall be one step lower than full junior international competitions.
- The navigational skills, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques.
- Courses for the Middle distance race and Sprint distance race shall require, in particular, a high level of concentration throughout the course, detailed map reading and frequent decision making.
- Courses for Long distance race shall require route choice.
- 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 features (buildings, high fences, lakes, impassable cliffs etc.)
- The total climb shall be given as the climb in meters along the optimum route.
- The course planner/s shall have experience of planning junior competitions at national/international level.



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- The younger competitors U15 shall have some handrails (like roads, tracks or paths,...) on their courses.

1.1 Long Distance Race

Categories	Expected Winning Times - Max. Distances:	
M 1 U18	42 – 45 min	6.500 m
M 2 U15	32 – 35 min	4.500 m
W 1 U18	37 – 40 min	5.500 m
W 2 U15	30 – 33 min	3.500 m

1.2 Middle Distance Race

The length of the Middle distances courses shall be 60 % of the length of the Long distance courses.

Categories	Expected Winning Times - Max. distances:	
M 1 U18	25 – 27 min	4.000 m
M 2 U15	19 – 21 min	2.700 m
W 1 U18	25 – 27 min	3.300 m
W 2 U15	19 – 21 min	2.100 m

1.3 Sprint Distance Race

Categories	Expected Winning Times
M 1 U18	12 – 15 min
M 2 U15	12 – 15 min
W 1 U18	12 – 15 min
W 2 U15	12 – 15 min

1.4 Friendship Team Event

- Each team will consist of three competitors from different countries. Each runner will receive a map with all of the controls and the control descriptions before the race. The time allowed for planning the team's routes must be at least 90 minutes. The start will be a mass start.
- The teams will decide how to share out the controls and which member visits which control.
- The winner will be the team that returns to the finish in the shortest time, having visited all the controls. Two obligatory meeting points, manned controls A and B, will be marked on the map. At controls A and B, all three team members must meet and punch their e-cards, or control cards, together, at the same time. The teams will run together from the last control to the finish line, crossing the finish line all holding hands. The time of each team will be recorded as the last team member crosses the finish line.
- The Event must be in a public area where the people of the host town will be able to see a part of the event.
- The emphasis of the event shall be fun and co-operation between the young people rather than competition.

The expected winning time is 35- 40 mins.

1.5 Mixed Friendship Sprint Relay

- Each team will consist of three competitors from different countries.



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- The teams are composed of mixed gender so that in each team there is minimum 1 boy and 1 girl.
- The LOC and the TC Orienteering will try to form equivalent teams to the best of its ability based on the results of the Sprint distance competition
- The expected winning time for each leg is 13-15 minutes.

2. Start procedure

- All competitors shall have at least 30 minutes for undisturbed preparation and warm-up at the start area. Only competitors who have not started and team officials shall be allowed into the warm-up area.
- The start shall be organised with a pre-start; a clock showing the competition time to team officials and 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, under the supervision of the organisers, are allowed.
- At the start a clock shall be displayed, showing the competition time.
- The competitors' identity cards must be shown to the start officials on entry to the starting boxes.
- 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 timed start to the point where orienteering begins.
- The competitor is responsible for taking the correct map. By Long Distance and Middle distance the competitors will receive their map 1 minute before their start time.
- 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 punching device.
- Competitors who are late for their start time through their own fault shall be permitted to start. The organiser will determine 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.
- Competitors who are late for their start time through the fault of the organisers shall be given a new start time.

3. Finish and time keeping

- The maximum running times shall be:
 - Long distance race: 2 hours and 30 minutes
 - Middle distance race: 2 hours
 - Sprint distance: 1 hour
 - Friendship Team Event: 2 hours
 - Mixed Friendship Sprint Relay: 2 hours
- Team ranking – team results for each competition will be determined by adding the 3 best results of each team. The final ranking of the team will be decided by adding together the two team results (times or points) of the two competition formats (Long + Middle or Sprint + Middle)
- The specific calculation for the team results for each ISF Orienteering event will be defined for each event accordingly.



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Sports Equipment

1. Maps

Maps for the Model Event, Long Distance and Middle Distance are drawn according to the latest version of the International Specification for Orienteering Maps (ISOM).

Maps for the Sprint Distance, the Friendship Team Event and the Mixed Friendship Sprint Relay are drawn according to the latest version of the International Specification for Sprint Orienteering Maps (ISSprOM).

Any deviation needs approval by the ISF TC orienteering.

2. Control descriptions

All control descriptions are printed on the maps. Separate control descriptions are available 3 minutes before the start, for the Sprint, Long and Middle Distance competitions.

3. Electronic Punching system

- Only IOF approved electronic punching systems may be used.
- The electronic control cards shall be handed out before the 1st technical meeting for the coaches.
- The competitors shall have the opportunity of practicing with the electronic control card at the model event.
- Competitors shall be responsible for punching their own card at each control using the punching device provided. Competitors are responsible for correct punching, even if at some controls the punching is done by the organiser.
- A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the missing punch or unidentifiable punch is not the competitor's fault and that the competitor has 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.
- 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)
- The organiser has the right to have the control card checked by officials at appointed controls and/or punch the card.
- Competitors who lose their control card, omit a control, or visit controls in the wrong order shall be disqualified.
- All controls for which there are security concerns shall be manned.

Technical Meetings

There are minimum two technical meetings for the coaches:



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- One on the day before the first competition race (Long distance or Sprint distance) to give all technical information about the Long Distance Competition or Sprint Distance Competition.
- A second, on the day before the Middle Distance Competition, to give all information for the Middle Distance Competition and the Friendship-Team-Event of Mixed Friendship Sprint Relay.
- The TC President will preside at both Technical meetings.
- The course planner and national controller have to be present during these meetings.
- All meetings should be organised by the LOC in common with the ISF – TC.
- All technical information, approved by the TC, must be written and given to the Heads of Delegation and coaches at the latest one hour before the meeting.
- The following information should be given:
 - Diagrams of start and finish layouts
 - Diagram of assembly areas
 - List of all control descriptions (in IOF symbols)
 - Timetable for meals, transport and competition times, maximum running time, results, ceremonies, complaints and protests etc.
 - Extra information about the terrain and maps.

Race numbers and starting lists (for each coach, Head of Delegation and Deputy Head of Delegation) will be given out before or during the meeting.

Training & Model Event

One day prior to the first competition, the LOC shall put on a model event (a minimum of 15 controls) to demonstrate:

- the terrain type,
- map quality,
- control features, these shall be features that are typical of the ones to be used in the races,
- punching system (EMIT-System, SportIdent,...)
- the layout of the start and a demonstration of how the start will take place,
- the layout of the control site and equipment.
- the layout of the finish.

Equal opportunity and time for training (two hours) shall be offered to all teams.

Starting order / draw

- All individual competitions will have staggered starting times. Competitors will start individually at equal start intervals of two minutes for Long Distance and Middle Distance competition. For the Sprint Distance competition there will be an equal start interval of 1 minute.
- A mass start will be organized for the Friendship Team Event and the Mixed Friendship Sprint Relay.
- The starting order shall be approved by the TC. The LOC should inform the TC three months before the competition about the procedure for the draw (and software to be used).
- The Team entries for the World School Championship Orienteering will be seeded into four pools (four starting groups).
- The Team entries for orienteering at the Gymnasiades will be seeded into six pools (six starting groups).



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- A form for this will be offered to the teams online and in the Welcome Bulletin (team manual) . Team managers/coaches will be responsible for declaring the starting order of their teams.
- The forms must be returned to the Event Office by 9am on the 2nd day. If the forms are not returned by this time, then the TC will decide the starting order of the missing team . NB This information MUST appear on the form.
- The draw for start times will be taken pool by pool. Competitors from the same country may not start consecutively. If they are drawn to start consecutively, the next competitor shall be inserted between them. If this happens at the end of the draw the competitor before them shall be inserted between them.
- The start list shall be published as soon as possible after the draw and after approval by the TC orienteering and before any technical meeting.

Fair play

- 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, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.
- 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.
- The organiser, with the consent of the ISF Orienteering TC, 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.
- Any attempt to survey or train in the competition terrain is forbidden. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 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. In case of doubt, the matter shall be decided by the President of the ISF Orienteering TC. Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 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.
- 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 e-card or control card. That competitor or team officials shall in no way influence the competition nor help other competitors.
- The use of mobile phones or other communication devices, by competitors and team officials, is forbidden in the quarantine, warming up and start area.

An individual, or team, may be disqualified if an individual, or team official, break any rule.



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Specific Technical Rules

1. Competition formats

- Sprint distance competition
- Middle distance competition
- Long distance competition
- Mixed Friendship Sprint Relay
- Friendship Team Event

2. Team ranking

- Team ranking – team results for each competition will be determined by adding the 3 best calculated points. The calculation will be as follows: (Winning time / personal time) X 1000 . The final ranking of the team will be decided by adding together the two team results (points) in the two different competition formats.
- The team that achieves the highest number of points by adding up these 6 calculated points will be the winner of the team ranking.
- Ties in team ranking – if there are 2 teams with the same total result, the team with the better result in the longest (distance) competition format will be the winner. If there is still a tie, then the team that has the runner with the better time in the longest competition format will be the winner. If there is further tie, the winner will be determined by the second runner with the best time, then the third and so on, until the tie of the teams is broken.
- In category M1 and W1 (U 18) only one result of the 18 year old participants will be counted. The two other best results must come from the 16 or 17 year old participants.

5. DRAW

- The ISF is responsible for establishing, criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

1. Complain or protest

- A complaint or protest can be made about infringements of these rules or the organizer's directions.
- Complaints or protest can be made by OC, Heads of Delegation, Coaches, or TC.
- Any complaint or protest shall be made orally or in writing (English) to the organizer at the latest 15 minutes after the results are published. The organizer adjudicates the complaint or protest. The complainant shall be informed about the decision immediately.
- There is no fee for a complaint.

2. Appeals

- An Appeal can be made against the organizer's decision about a complaint or protest. Appeal can be made by OC, Heads of Delegation, Coaches, or TC. Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



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March 2021, ISF SG