



INTERNATIONAL ORIENTEERING FEDERATION

**COMPETITION RULES
FOR
INTERNATIONAL ORIENTEERING FEDERATION (IOF)
SKI ORIENTEERING EVENTS**

(Rules for the *World Ski Orienteering Championships*)
(Rules for the *World Cup in Ski Orienteering*)
(Rules for the *Junior World Ski Orienteering Championships*)
(Rules for the *World Masters Ski Orienteering Championships*)
(Rules for the *Regional Ski Orienteering Championships*)
(Rules for *IOF World Ranking Events*)

This version of the competition rules is valid from 1 December 2022.
Subsequent amendments will be published on the official IOF web
site at <http://www.orienteeing.sport/>

*A vertical line in the left margin indicates a major
change to the previous version (1 December 2021)*

COMPETITION RULES FOR IOF SKI ORIENTEERING EVENTS

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1. Definitions

- 1.1 Ski Orienteering is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground in the shortest possible time aided only by map and compass. The course, defined by the location of the controls, is not revealed to competitors until they start. Skiing and navigational skills must be tested in such a way that navigational skill is the decisive element. In ski orienteering the course must be completed predominantly on skis. Parts may be completed on foot, in which case the competitor must carry appropriately-sized skis, ski sticks and ski boots.
- 1.2 In individual interval start races the competitors navigate and ski through the terrain independently.
- 1.3 In mass start and chasing start races, competitors may often be skiing in close proximity to each other, but the formats still demand independent navigation.
- 1.4 The term *competitor* means an individual of either gender or a team, as appropriate.
- 1.5 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 complete consecutive individual races)
 - *sprint relay* (two team members each complete three individual races alternately with each other; the team must include at least one woman)
 - *team* (two or more individuals collaborate)
 - the way of determining the competition result:
 - *single-race competition* (the result of one single race is the final result. The competitors may compete in different races: the A-race, the B-race and so on, with the placed competitors of the B-race placed after the placed competitors of the A-race and so on)
 - *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)
 - *pursuit* (an interval start prologue determines the start times for a chasing start final)
 - 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:
 - *Extra long distance*
 - *Long distance*
 - *Middle distance*
 - *Sprint*
 - *other distances*
 - the starting method for the race:
 - *an interval start* (the race is a time trial; the competitor with the fastest time is the winner)
 - *a mass start* (the competitors start together; the first across the finish line is the winner)

- a *chasing start* (the competitors start at intervals depending on results from previous race(s); the first across the finish line is the winner)

	1.6	The term <i>Federation</i> means a member Federation of the IOF.
	1.7	The term <i>event</i> embraces all aspects of a ski orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, e.g. a World Championships, may include more than one competition.
WSOC	1.8	<i>The World Ski Orienteering Championships (WSOC)</i> is the official event to award the titles of World Champions in Ski Orienteering. It is organised under the authority of the IOF and the appointed Federation.
WCup	1.9	<i>The World Cup in Ski Orienteering (WCup)</i> is the official series of events to find the world's best ski orienteers over a season. The different events are organised under the authority of the IOF and the Federations of the organisers.
JWSOC	1.10	<i>The Junior World Ski Orienteering Championships (JWSOC)</i> is the official event to award the titles of Junior World Champions in Ski Orienteering. It is organised under the authority of the IOF and the appointed Federation.
WMSOC	1.11	<i>The World Masters Ski Orienteering Championships (WMSOC)</i> is the official event to find the world's best veteran ski orienteers. It is organised under the authority of the IOF and the Federation of the organiser.
ROC	1.12	<i>The Regional Ski Orienteering Championships (ROC)</i> are the official events to award the titles of Regional Champions in Ski Orienteering for each IOF Region. They are organised under the authority of the IOF and the appointed Federation. The IOF Regions are Africa, Asia, Europe, North America, Oceania and South America.
WRE	1.13	<i>IOF World Ranking Events (WRE)</i> are international events which are accepted by the IOF Council into the official IOF Calendar. They are organised under the authority of the IOF and the Federation of the organiser.
	1.14	The IOF World Ranking Scheme is a system to rank the World's Elite Ski Orienteers based on their performances in the World Ski Orienteering Championships, World Cups and World Ranking Events.
	1.15	<i>The IOF Event Adviser</i> is the person appointed to control an IOF event. In the case of World Games, World Championship, Junior World Championship, World Masters Championship, World Cup and Regional Championship events the title <i>IOF Senior Event Adviser</i> is used.

2. General provisions

- 2.1 These rules, together with the Appendices, are binding at the *World Ski Orienteering Championships*, the *World Cup in Ski Orienteering*, the *Junior World Ski Orienteering Championships*, the *World Masters Ski Orienteering Championships*, for W21 and M21 elite classes at *Regional Ski Orienteering Championships*, for *Regional Youth Ski Orienteering Championships* and for W21 and M21 elite classes at *IOF World Ranking 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 Where an event is of two types (e.g. if the World Championships also forms a part of the World Cup) the rules for the higher-level event (as defined by the order in 1.8-1.13) take precedence.
- 2.3 These rules are recommended as a basis for national rules.
- 2.4 If not otherwise mentioned these rules are valid for individual day orienteering competitions on skis.

- 2.5 Additional regulations which do not conflict with these rules may be determined by the organiser. They need the approval of the IOF Event Adviser.
- 2.6 These rules and any additional regulations are binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors. Any additional regulations must be published in the final event bulletin.
- 2.7 Sporting fairness must be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.
- 2.8 The English text of these rules must be taken as decisive in any dispute arising from a translation into any other language.
- 2.9 In relays the rules for individual competitions are valid, unless otherwise stated.
- 2.10 The IOF Council may decide special rules or norms which must be followed, e.g. *IOF Anti-Doping Rules, IOF Protocol Guide, International Specification for Ski Orienteering Maps, Principles for Course Planning, Leibnitz Convention*.
- 2.11 The IOF Council may allow deviations from these rules and norms. Requests for permission to deviate from them must be sent to the IOF Office at least 6 months prior to the event.
- 2.12 In exceptional circumstances, due to special snow or weather conditions, in order to maximise fairness, the Organiser with the IOF Event Adviser may allow rule deviations. Such deviations should, if possible, be agreed at a team leaders' meeting.
- 2.13 The IOF Guidelines should be followed. Significant deviations require the consent of the IOF Event Adviser.
- WCup 2.14 The *Ski Orienteering World Cup Special Rules* (updated by the end of October prior to each World Cup season) must be followed. Deviations require the consent of the IOF Event Adviser.
- JWSOC 2.15 The championships must be organised in accordance with the following principles:
- The best junior ski orienteers of each Federation must be offered competitions of high technical quality.
 - The event must have a social, rather than a competitive atmosphere, accentuating exchange of experience.
 - The costs of participating must be kept low.
- ROC 2.14 The specific rules for Regional Championships are in Appendices 10-11.

3. Event programme

- 3.1 The event dates and programme are proposed by the organiser and approved by the IOF Council.
- WSOC 3.2 The World Ski Orienteering Championships is organised every even year. The programme includes Sprint (interval start), Pursuit, Middle distance (interval start) competitions, and a Sprint Relay. The prologue for the Pursuit is the Sprint. The programme also includes an opening ceremony, a closing ceremony and adequate model events and rest. The programme must be no longer than 6 days.
- WCup 3.3 The World Cup is organised every year. The Individual World Cup is based on the individual competitions. The Team World Cup is based on the relay competitions.
- WCup 3.4 The IOF Council determines the number and types of World Cup events and any necessary special rules.
- WCup 3.5 A World Cup event may be organised separately or in conjunction with another event. If another competition is organised on the same day, it must take place before or after the World Cup competition.
- JWSOC 3.6 The Junior World Ski Orienteering Championships is an annual event. The programme includes a Long distance single race competition, a Middle distance

single race competition, a Sprint single race competition and a Relay as well as an opening ceremony, a closing ceremony and adequate rest and model events. The programme must be no longer than 6 days.

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| WMSOC | 3.7 | The World Masters Ski Orienteering Championships is an annual event. The programme includes Sprint, Middle Distance and Long distance single race competitions and adequate training or model events. The programme must be no longer than 4 days. |
| WRE | 3.8 | The events which are selected to be IOF World Ranking Events are chosen by Federations according to criteria determined by the IOF. |

4. Event applications

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| | 4.1 | Any Federation may apply to organise an IOF event. |
| | 4.2 | Applications must be forwarded by the Federation to the IOF Office. The official application form must be used, and the applications must contain all requested information and guarantees. When there is no successful applicant, the application period will normally be extended further until a valid application has been received, evaluated and IOF Council have appointed an organiser. Such applications will be handled in the order they are received and appointed as soon as possible. IOF Council may decide not to organise an event if no suitable applications are received in appropriate time. |
| | 4.3 | The IOF Council may impose a service fee on any IOF event. The amount of the service fee must be announced at least six months before the closing date for applications for that event. |
| | 4.4 | The IOF Council may void the sanctioning of an event if the organiser fails to comply with the rules, the norms, the IOF Event Adviser's directions or the information submitted in the application. The organiser cannot claim damages in this case. |
| WSOC | 4.5 | Applications must be received no later than 1 January three years prior to the championship year. The provisional appointment of the organising Federation is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. |
| WCup
JWSOC
WMSOC | 4.6 | Applications must be received no later than 1 January two years prior to the event year. (For this rule, if the event will take place in November or December, the event year is the following year). The provisional appointment of organisers or organising Federations is made by the IOF Council by 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. |
| WCup | 4.7 | Each Federation may submit more than one application, ranked in priority order. |
| WRE | 4.8 | The IOF Council must indicate, by the end of June prior to the season, each Federation's allocation of WREs for the year in question and the criteria these events must meet. Applications are due no later than 30 September prior to the season and must be approved or rejected by the IOF Council by 31 October the same year. |

5. Classes

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| 5.1 | Competitors are divided into classes according to their gender and age. 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.
WRE	5.4	The competition classes are called W21 and M21, for women and men respectively.
WRE	5.5	The W21 and M21 classes may be restricted to competitors classified as elite competitors by their Federation or who are selected for the class based on their position in a Federation's ranking scheme.
WRE	5.6	Should a class have too many entries, it may be split into parallel classes based on the competitors' previous performances.
WSOC	5.7	In both individual and relay competitions, there is one class for women and one for men (except in the Sprint Relay). The classes are called Women and Men. There are no age restrictions.
WCup	5.8	In both individual and relay competitions, there is one class for women and one for men (except in the Sprint Relay). There are no age restrictions. The classes are called Women and Men. In addition (unless specified otherwise in the World Cup Special Rules), there are Women U23 and Men U23 classes in the individual World Cup. Women and men belong to the Women U23 and Men U23 classes respectively up to the end of the calendar year in which they have their 23rd birthday. They compete simultaneously in the Women's and Men's classes and are treated in all respects as competitors in those classes except that their results and scores are also listed separately in Women U23 and Men U23 lists. The Women U23 and Men U23 World Cup scores are calculated separately. To qualify for the Women U23 or Men U23 class, competitors must be in that class in the year of the competition, defined as the calendar year in which the World Cup ends.
JWSOC	5.9	In both individual and relay competitions, there is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate. The year of the competition is defined as the calendar year for which the championship counts, even if the event takes place in the pre-season e.g. in December the year before.
WMSOC	5.10	The following classes must be offered: W35, M35, W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, M75, W80, M80, W85, M85. Classes for older orienteers (e.g. W90, M90) may be offered at the organiser's discretion.

6. Participation

WSOC WCup JWSOC ROC WRE	6.1	A competitor may represent only one Federation during any one 12 month period running from November to October.
WSOC WCup JWSOC ROC WRE	6.2	All competitors must be citizens of the country of the Federation they are representing. They must be able to provide either a passport or other valid documentation proving their citizenship.
WSOC WCup JWSOC	6.3	Each participating Federation must appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.

	6.4	Competitors participate at their own risk. Insurance against accidents must be the responsibility of their Federation or themselves, according to national regulations.
WSOC	6.5	All competitors represent a Federation. Each Federation may enter a team of an unlimited number of competitors and a number of team officials. The organiser may fix the maximum number of officials per team, in accordance with the available facilities. This maximum number must be the same for each team and must be at least 5.
WSOC	6.6	In each individual competition, every Federation may enter up to 6 women and 6 men. If an individual competition is also a World Cup competition for Women U23 and Men U23, then in addition each Federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively.
WSOC	6.7	In the Sprint Relay, each Federation may enter two teams consisting of 2 team members of whom at least one must be a woman. Teams with competitors from more than one Federation are not allowed and incomplete teams must not start. Under no circumstances may persons other than entered competitors (rule 6.5) participate in the competition.
WCup	6.8	All competitors represent a Federation. Each Federation may enter up to 6 women and 6 men in each individual competition. In addition, each Federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively.
WCup	6.9	In the Relay, each Federation may enter up to 2 women's and 2 men's teams, each consisting of 3 competitors.
WCup	6.10	In the Sprint Relay, each Federation may enter up to 3 teams, each consisting of 2 competitors. Each team must contain at least one woman.
JWSOC	6.11	All competitors represent a Federation. Each Federation may enter a team of up to 14 competitors — up to 7 women and up to 7 men — and an unlimited number of team officials.
JWSOC	6.12	In each individual competition, each Federation may enter up to 6 women and 6 men.
JWSOC	6.13	In the relay, each Federation may enter up to 2 women's and 2 men's teams, each consisting of 3 team members.
WCup JWSOC	6.14	If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations. Under no circumstances may persons, other than competitors entered for the competition, participate in the competition.
WSOC WCup	6.15	A competitor must have a valid IOF Athlete Licence.

7. Costs

- 7.1 The costs of organising an event are the responsibility of the organiser. To cover the costs of the competition(s), the organiser may charge an entry fee for competitors and an accreditation fee for non-competitors (team officials, media etc.). This fee must be kept as low as possible and must be approved by the IOF Event Adviser. For an event with several competitions, as an alternative to a total fee for the whole event, the organiser must offer competitors the option of an accreditation fee plus a fee for each competition entered.
- 7.2 Each Federation or individual competitor is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee must not be earlier than 6 weeks prior to the event. Late payment may be subject to an additional fee.

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| | 7.3 | Late entries and changes must be accepted by the organiser if possible, and may be charged an additional fee. |
| WSOC
WCup
JWSOC | 7.4 | <p>The following applies for late entries and changes:</p> <ul style="list-style-type: none"> • After the team size deadline (see 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund. • After the team names deadline (see 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee. <p>The organiser can decide whether to impose the surcharges for additional entries and fee for name changes. Refunds must always be given.</p> |
| | 7.5 | Each Federation or individual competitor is responsible for defraying the 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 or other service provided by the organisers is compulsory, the entry fee must include these costs. |
| | 7.6 | The travelling costs of the IOF appointed Event Adviser and Assistant/s, to and from the venue, must be paid by the IOF. Local costs during controlling visits and the event days are paid by the organiser or the organiser's Federation according to national agreements. |
| | 7.7 | All costs of IOF Event Advisers and Assistants appointed by a Federation must be paid by the organiser or the Federation according to national agreements. |
| WSOC
WCup
JWSOC | 7.8 | Unless there is good standard accommodation and food at a low price, different standards of accommodation and food must be offered, allowing competitors a choice of price groups. The fees for the competition, the food and the accommodation must be shown as three separate amounts. In any case it must not be compulsory to use the accommodation arranged by the organiser. |
| | 7.9 | If the event (or part of the event) has to be cancelled, the organiser may retain a minimum proportion of the entry fee in order to cover committed costs. If the event (or part of the event) has to be relocated incurring extra costs, an additional entry fee may be charged. |

8. Information about the Event

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| | 8.1 | All information and ceremonies must be at least in English. Official information must be given in writing. It may be given orally only in response to questions at team officials' meetings or in urgent cases. Any changes to information published in the last Bulletin must be given in writing. |
| WSOC
WCup
JWSOC | 8.2 | Information from the organiser or the IOF Event Adviser must be given in the form of bulletins. Bulletins must be published in PDF format via IOF Eventor. Notification that Bulletin 3 has been published must be sent by e-mail to all participating Federations. If further information is necessary, it must be given to all appropriate Federations. |
| WSOC
WCup
JWSOC | 8.3 | <p>Bulletin 1 (preliminary information) must include the following information:</p> <ul style="list-style-type: none"> • organiser and the names of the event director, Event Adviser and controller(s) • address and telephone/ e-mail address/web page for information • venue • dates and types of the competitions • classes and any participation restrictions • opportunities for training • general map of the region • embargoed areas • any peculiarities of the event |
| WSOC | | <ul style="list-style-type: none"> • a link to a colour copy of the most recent version of any previous orienteering |

map(s) of the embargoed areas

WSOC
WCup
JWSOC

8.4 Bulletin 2 (invitation) must include the following information:

- all information given in Bulletin 1
- official entry and accommodation forms
- latest date and address for entries (see 9.6)
- entry fee for competitors and team officials and any additional fees for late entries and changes (see 7.4)
- latest date and address for the payment of the entry fees and any additional fees for late payment (see 7.2)
- types and cost of accommodation and food
- latest date for reservation of official accommodation
- description of any transport offered
- directions for obtaining entry permits (visas)
- details of opportunities for training
- description of terrain, altitude, climate and any hazards
- event programme
- the punching system to be used
- map scales, vertical contour intervals and any additional or modified symbols
- winning time and approximate length of each course
- address and telephone /e-mail address of the official responsible for the media
- the exact location of each competition area and finish arena (if they have been decided)
- a link to colour copy of the most recent version of any previous ski orienteering or orienteering map(s) of the embargoed areas
- directions for the registration of media representatives and any extra representatives of the Federations

WCup
JWSOC
WSOC
WCup
JWSOC

8.5 Bulletin 3 (event information) must include the following information:

- latest date for sending the exact number of participants (see 9.6)
- latest date for sending the names of participants (see 9.7)
- detailed programme of the event, including timetable for final name entries and for the allocation of start groups
- details of the terrain
- map size
- number and type of equipment change areas
- summary of entries received
- any permitted deviations from the rules
- address and telephone/e-mail address of the competition office
- details of accommodation and food
- transport schedule
- team officials' meetings
- the exact location of each competition area and finish arena

WSOC
WCup
JWSOC

8.6 Bulletin 4 (additional event information) must be given on arrival of the competitors and must include final details of event information including:

- the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
- any anti-doping requirements
- all Special Rules relevant to the event
- any additional regulations and any Rule Deviations that have been granted
- the time limits for Complaints
- the location for making Complaints
- maximum skiing times
- names and federations of jury members
- the location of quarantine zones and the times when competitors and officials must be inside them

As much information as possible should be put in Bulletin 4, leaving the minimum of information to be communicated at team officials' meetings.

WSOC	8.7	Bulletin 1 must be published 24 months before the event, Bulletin 2 must be published 10 months before the event and Bulletin 3 must be published 2 months before the event.
WCup JWSOC	8.8	Bulletin 1 must be published 12 months before the event, Bulletin 2 must be published 6 months before the event and Bulletin 3 must be published 2 months before the event.
WMSOC WRE	8.9	Information from the organiser must be given in the form of two bulletins. Bulletin 1/2 must be available on the internet via the IOF web site. Bulletin 3 is provided to all competitors.
WMSOC	8.10	Bulletin 1/2 must be available 12 months before the event; Bulletin 3 must be available 1 month before the event.
WRE	8.11	Bulletin 1/2 must be available 4 months before the event; Bulletin 3 must be available 1 week before the event.
WMSOC WRE	8.12	Bulletin 1/2 (preliminary information and invitation) must include the following information: • organiser and the names of the event director and controller(s) • address and telephone/ e-mail address/web page for information • venue • dates and types of the competitions • classes and any participation restrictions • general map of the region • embargoed areas • any peculiarities of the event • official entry form • latest date and address for entries • entry fee for competitors (see 7.1) • latest date and address for the payment of the entry fees • types and cost of accommodation and food • description of any transport offered • directions for obtaining entry permits (visas) • details of opportunities for training • description of terrain, altitude, climate and any hazards • event programme • the punching system to be used • scales, vertical contour intervals and any additional or modified map symbols • expected winning time • a recent sample map showing the type of terrain • information about how to obtain copies of any previous map(s) of the embargoed areas
WMSOC WRE	8.13	Bulletin 3 (event information) must include the following information: • detailed programme of the event, including start lists • details of the terrain • summary of entries received • any permitted deviations from the rules • address and telephone/ e-mail address of the competition office • transport schedule • map size • the length, total climb, number of controls and number of refreshment controls • the time limits for Complaints • the location for making Complaints • maximum skiing times

- names and Federations of jury members

9. Entries

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| | 9.1 | Entries must be submitted according to the instructions given in Bulletin 2. At least the following details must be supplied for each competitor: family name and first name, gender, year of birth, Federation. The names of the team officials must be supplied. Late entries must be accepted by the organiser if possible, and may be charged an additional fee. |
| | 9.2 | A competitor may only enter one class in any one competition. If several different events are organised at the same location and time, a competitor who is registered as a member of a team in any of these events may participate in any relay competition where they fulfil the gender and age restrictions. No competitor may be part of more than one relay team. |
| | 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. |
| WSOC
WCup
JWSOC | 9.4 | Reservations and reservation fees for accommodation must reach the organiser at the times specified in Bulletin 2. |
| WSOC
WCup
JWSOC | 9.5 | Competitors may only be selected and entered by their Federation. |
| WSOC
WCup
JWSOC | 9.6 | Entries giving the total number of competitors of each gender, the number of competitors in each competition, the number of relay teams, the number of team officials and the team manager's name, e-mail address and mobile phone number must reach the organiser by the <i>team size deadline</i> which must not be earlier than 2 months before the event. |
| WSOC
WCup
JWSOC | 9.7 | Each competitor's name and gender and the names of the team officials must reach the organiser by the <i>team names deadline</i> which must not be earlier than 10 days before the first race of the event. Changes may be made to the team until 12.00 hours on the day before the first race of the event. After that time, no further changes to the team are allowed under any circumstances. |
| WSOC
WCup
JWSOC | 9.8 | Names of the competitors and, if required, their starting group allocation or their skiing order within a relay team must reach the organiser by the <i>competition entry deadline</i> which must be no earlier than 15.00 hours on the day before the competition. |
| WSOC
WCup
JWSOC | 9.9 | No competitor may be replaced within two hours of the first start. In relays, this also applies to the skiing order of the team members. |
| WSOC
WCup
JWSOC | 9.10 | In individual competitions, between the competition entry deadline and two hours before the first start in the class, a competitor may be replaced for a valid reason (e.g. accident or illness). Change of starting group is not permitted. If the competitor to be replaced was placed in the start list according to their previous performance (e.g. World Ranking, World Cup points, previous WSOC placing) the new competitor must be placed in the start list in the least advantageous position (usually as the very first starter), irrespective of their own previous performance. The start times of other competitors must not be changed, even if there are then gaps in the start list. No replacement is possible for multi-race competitions after the first race. |
| WSOC
WCup
JWSOC | 9.11 | In relays, between the competition entry deadline and two hours before the first start of the relay class, changes of names of the relay team members may only be made for a valid reason (e.g. accident or illness). The skiing order cannot be changed. |

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| WSOC
JWSOC | 9.12 | Replacement of a competitor after the competition entry deadline may only be made from within the entered team. |
| JWSOC | 9.13 | In each individual competition each Federation must allocate its competitors to specified starting groups. |
| | 9.14 | When Federations are asked to allocate their runners to starting groups, a Federation must allocate its competitors as evenly as possible numerically across the starting groups. That means either each starting group has the same number of competitors from that Federation, or the number of competitors from that Federation in each group differs by at most one. If a Federation fails to allocate its competitors to starting groups, the organiser must decide the allocation. Within each starting group, the starting order is drawn at random, but subject to adjustment to separate runners from the same Federation. |

10. Travel and transport

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| WSOC
WCup
JWSOC | 10.1 | Each Federation is responsible for organising its own travel. |
| WSOC
WCup
JWSOC | 10.2 | On request, the organiser must arrange to transport teams from the nearest international airport or railway station to the event centre or accommodation. The teams may have to pay for this service. |
| WSOC
WCup
JWSOC | 10.3 | Transport between the accommodation, event centre, competition sites, etc may either be arranged by the organiser or by the teams. On request, the organiser must arrange all necessary transport during the event. The teams may have to pay for this service. |
| | 10.4 | The use of official transport to a competition site may be declared compulsory by the organiser. |

11. Training and model event

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| | 11.1 | Training opportunities must be offered before the competition if requested. |
| | 11.2 | On the day prior to the first competition of an event, the organiser must put on a model event to demonstrate the terrain type, map quality, different types of tracks, control set-up, refreshment points and marked routes. |
| | 11.3 | Competitors, team officials, IOF officials and media representatives must be offered the opportunity to participate in the model event. |
| | 11.4 | If deemed necessary by the IOF Event Adviser, further model events must be organised. |
| | 11.5 | If deemed appropriate by the IOF Event Adviser, the model event may be organised on the day of the competition. |
| WSOC | 11.6 | Equal opportunity for training must be offered to all Federations. The organiser must offer training opportunities in the 15 months before the Championships. Terrain and maps should as far as possible be similar to those of the championships. |

12. Starting order, heat allocation and qualification

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| | 12.1 | In an <i>interval start</i> , the competitors start singly at equal start intervals. In a <i>mass start</i> , all competitors in a class start simultaneously; in relays this applies only to the team members skiing the first leg. In a <i>chasing start</i> , the competitors start singly at start times and intervals determined by their previous results. |
| | 12.2 | The starting order must be approved by the IOF Event Adviser. The start draw may be public or private. It may be made by hand or by a computer. |
| | 12.3 | The start list must be published on or before the day prior to the competition and |

before any team officials' meeting that must be held according to Rule 13.1.

- 12.4 The names of all competitors and teams correctly entered must be drawn, even if a competitor has not arrived. Entries without names (blanks) are not considered for the draw.
- 12.5 In extreme weather conditions (e.g. heavy snowfall), the organiser and the IOF Event Adviser may decide to postpone the start. In such weather in a chasing start race the organiser and the IOF Event Adviser may decide that an interval start procedure should be used instead. In this case the starting list will be in reverse order of the result list of the first part of the competition.
- WSOC
WCup 12.6 For an interval start the starting order must be drawn in up to 4 starting groups. Competitors ranked 1–15 in the latest available World Ranking list are placed in group 4, competitors ranked 16-30 are placed in group 3, competitors ranked 31-45 are placed in group 2. All other competitors are placed in group 1. For every athlete ranked 1-45 that is not entered for the competition, the size of the specific start group is reduced by one. Within every group the starting order is drawn at random. Normally, starting group 1 starts first, followed by starting group 2, 3 and at the end starting group 4. The SEA has the authority to change the order of the starting groups due to special snow or weather conditions, but no later than 2 hours before the first start
- JWSOC 12.7 The starting order must be drawn at random. The draw must be made in three unrestricted starting groups (1-Early, 2-Middle, 3-Late). The SEA has the authority to change the order of the starting groups due to special snow or weather conditions, but no later than 2 hours before the first start.
- WSOC
WCup 12.8 Before mass start draws, each of the various course combinations must be allocated to start numbers. In an individual mass start, the entered competitors are given start numbers according to their World Ranking (in the latest available World Ranking list) with the best ranked competitor as number 1. Competitors are positioned in rows based on their individual World Ranking with the best athletes at the front. The course combinations must remain secret until after the last competitor has started.
- JWSOC 12.9 Before mass start draws, each of the various course combinations must be allocated to start numbers. The draw shall be made in three unrestricted starting groups (1, 2, 3). Group 3 receive the lowest start numbers and start at the front, followed by group 2 and finally group 1. The course combinations must remain secret until after the last competitor has started
- WSOC
WCup
JWSOC 12.10 In relays, entered teams are given start numbers according to the sequence of their Federation's first team placings in the last relay of the same type in the respective event. Those not being placed in the last respective event are given the subsequent start numbers in alphabetical order of Federation abbreviation. Second teams are given start numbers after all the first teams, third teams after all second teams and so on. The allocation of the various course combinations to start numbers must be supervised by the IOF Event Adviser. The allocation must be kept secret until after the last competitor has started.
- WCup
JWSOC 12.11 Incomplete relay teams and teams with competitors from more than one Federation must start at the same time as the official relay start.
- 12.12 For an interval start, the normal start interval is 2 minutes for Long distance, 2 minutes for Middle distance and 1 minute for Sprint. In special cases, the organiser and the IOF Event Adviser may decide shorter or longer start intervals.
- WMSOC 12.13 The start order for the Sprint, Middle distance and Long distance races must each be drawn at random.
- WRE 12.14 The competitors start according to the IOF World Ranking list. The organiser should use a list published no more than 1 week before the event. The best ranked start last.

Competitors without World Ranking points start first in random order. If two athletes have equal ranking, the one with the highest single score starts last.

13. Team officials' meeting

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| WSOC
WCup
JWSOC | 13.1 The organiser must hold a team officials' meeting on the day prior to the competition. This meeting must normally start no later than 19.00 hours. The IOF Event Adviser must lead or supervise the meeting. |
| WSOC
WCup
JWSOC | 13.2 The competition material (start lists, control cards, transport schedule, latest information, weather forecast etc) must be handed out before the meeting starts. Final start lists, start number bibs and control cards may be handed out later; by 21.00 hours at the latest. |
| WSOC
WCup
JWSOC | 13.3 Team officials must have the opportunity to ask questions during the meeting. |
| WMSOC
WRE | 13.4 There are no team officials' meetings. |

14. Terrain

- 14.1 The terrain must be suitable for setting competitive ski orienteering courses. The objectives of the Leibnitz convention must be considered when choosing the terrain and event arena, and in designing the courses. That may involve the use and reuse of existing skiing arena facilities with major track systems.
- 14.2 When deciding terrain for, and planning major IOF ski orienteering events, the criteria given in Appendix 9 "Guidelines for use of terrain for Major Ski Orienteering Events" must be followed.
- 14.3 The competition terrain must 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. The guidelines in Appendix 9 should be followed.
- 14.4 Permission for access into embargoed terrain must be requested from the organiser if needed.
- 14.5 Any rights of nature conservation, forestry, hunting, etc in the area must be respected.

15. Maps

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| 15.1 | Maps, course markings and additional overprinting must be drawn and printed according to the IOF <i>International Specification for Ski Orienteering Maps</i> . Deviations need approval by the IOF Council. |
| 15.2 | Errors on the map and changes which have occurred in the terrain since the map was printed must be overprinted on the map if they have a bearing on the event. |
| 15.3 | Maps must be protected against moisture and damage. |
| 15.4 | If a previous orienteering map of the competition area exists, links to high-resolution version of the most recent edition must be made available for all competitors prior to the competition. |
| 15.5 | 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. |
| 15.6 | The competition map must not be larger than required by a competitor to ski the course. The map must only be printed on one side of the paper. |
| WMSOC 15.7 | The map scale for all classes for Sprint must be 1:5000. |

The map scale for age classes 45 and above for Middle distance must be 1:7500 or 1:10000, and this scale may be used for all classes with the approval of the IOF Event Adviser.

The map scale for age classes 45 and above for Long distance must be 1:10000, and this scale may be used for all classes with the approval of the IOF Event Adviser.

- 15.8 The IOF and its member Federations have the right to reproduce the event maps with courses in their official magazines or on their websites without having to pay a fee to the organiser.

16. Courses

- 16.1 The IOF *Principles for Course Planning* (see Appendix 6) and the Leibnitz Convention (see Appendix 8) must be followed.

- 16.2 The standard of the courses must be worthy of an international ski orienteering event. The navigational skill, concentration and skiing ability of the competitors must be tested. All courses must call upon a range of different orienteering techniques. Courses for sprint must require, in particular, a high level of concentration throughout the course, detailed map reading and frequent decision making. Courses for Long distance must require route choice, while courses for Middle distance may represent a mix of the requirements for sprint and Long distance courses.

- 16.3 The length of the courses must be given in two ways:
- as the length of a straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, impassable cliffs etc.), prohibited areas and marked routes
 - following the shortest sensible route choice from the start via the controls to the finish.

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

- 16.5 In relay competitions, the controls must be combined differently for the teams, but all teams must ski the same overall course. Generally the winning times for each leg should be as equal as possible. However, in specific cases (mixed relays, different ages etc.) leg lengths may be different. However, the sum of the winning times of the legs must be kept as prescribed. All teams must ski the different length legs in the same sequence. In a sprint relay, the organiser must specify which legs must be skied by a woman.

- 16.6 In individual competitions, the controls may be combined differently for the competitors, but all competitors must ski the same overall course.

- 16.7 Where the winning time is expressed as an interval, the course must be planned with the aim of achieving a winning time at the middle point of the interval.

- WSOC 16.8 The courses must be set to give the following winning times in minutes:

Women/Men	
50-60	Pursuit final
40-45	Middle distance
12-15	Sprint
6-8	Sprint Relay for each leg
36-48	Sprint Relay, overall winning time

- WCup 16.9 The courses must be set to give the following winning times in minutes:

Women/Men	
85-95	Long distance
40-45	Middle distance
50-60	Middle distance mass start
12-15	Sprint
30-35	Relay for each leg

		100	Relay, overall winning time
		135-155	Extra long distance
		6-8	Sprint Relay for each leg
		36-48	Sprint Relay, overall winning time
JWSOC	16.10	The courses must be set to give the following winning times in minutes:	
		Women/	
		Men	
		65-75	Long distance
		25-35	Middle distance
		12-15	Sprint
		30-35	Relay for each leg
		95	Relay, overall winning time
WMSOC	16.11	The courses must be set to give the following Long distance winning times in minutes:	
		Women/Men	time
		W35/M35	60
		W40/M40	60
		W45/M45	60
		W50/M50	60
		W55/M55	60
		W60/M60	60
		W65/M65	50
		W70/M70	45
		W75/M75	45
		W80/M80	45
		W85/M85	45

Middle distance winning times should be 30-40 minutes
Sprint distance winning times should be about 20 minutes.

17. Restricted areas and routes

- 17.1 Rules set by the organising Federation to protect the environment and any related instructions from the organiser must be strictly observed by all persons connected with the event.
- 17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that must not be crossed, etc must be marked on the map. Where they are not obvious to the competitor, they must also be marked on the ground. Competitors must not enter, follow or cross areas, routes or features drawn with the following symbols:
- ISOM
ISOM 520 Area that shall not be entered
ISOM 708 Out-of-bounds boundary
ISOM 709 Out-of-bounds area
ISOM 711 Out-of-bounds route
- ISSkiOM
ISSkiOM 301.2 Body of water that shall not be crossed
ISSkiOM 809 Forbidden route, crossable
ISSkiOM 814 Forbidden route, forbidden to cross.
- 17.3 Compulsory routes, crossing points and passages must be marked clearly on the map and on the ground. Competitors must follow the entire length of any marked section of their course.

18. Control descriptions

- 18.1 Control descriptions are not used in ski orienteering.

19. Control set-up and equipment

- 19.1 The control point shown on the map must be clearly marked on the ground and be equipped to enable the competitors to prove their passage.
- 19.2 Each control must be marked by a control flag consisting of three squares, about 30 cm x 30 cm, arranged in a triangular form. Each square must be divided diagonally, one half being white and the other orange (PMS 165).
- 19.3 All controls must be situated on tracks shown on the competition map.
- 19.4 Each control must be identified with a code number, which must be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 must not be used. The figures must be black on white, between 5 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes must be underlined if they could be misinterpreted by being read upside down (e.g. 161).
- 19.5 The control number and code number must be printed on the map as specified in the IOF *International Specification for Ski Orienteering Maps*.
- 19.6 To prove the passage of the competitors, there must be a sufficient number of marking devices in the immediate vicinity of each flag. Two control flags may be used, if there are two punching devices, one on each side of the track.
- 19.7 If the estimated winning time is more than 45 minutes, refreshments must be available at least every 30 minutes at the estimated speed of the winner.
- 19.8 At least pure water of suitable temperature must be offered as refreshment. If different refreshments are offered, they must be clearly marked.
- 19.9 All controls for which there are security concerns must be guarded.
- 19.10 If, during the race, the organiser is made aware of a problem with a control (such as a failed punching unit, incorrect positioning of the control unit or a blocked passageway) the organiser should make every effort to correct the problem as quickly as possible. After the race has ended, the organiser must consider the effect of the problem on the fairness of the results and then take any necessary action. Such action could include voiding the results.

20. Punching systems

- 20.1 Only IOF approved electronic punching systems may be used, as per Appendix 3.
- 20.2 Competitors must have the possibility of practising with the electronic punching system at the model event.
- 20.3 Competitors must be responsible for punching their control card at each control using the punching device provided. If one unit is not working, or appears not to be working, a competitor must use the backup provided and will not be placed if no punch is recorded.
- 20.4 The control card must clearly show that all controls have been visited.
- 20.5 A competitor with a control punch missing or unidentifiable must 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 not be placed. In the case of traditional (non-contactless) SPORTident, this rule means that:
 - If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must not be placed, even though the control unit may have recorded the competitor's card number as an

error punch

- It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor must be recorded as having punched that control correctly and the fee will be returned; otherwise the fee must be retained by the organiser.
- 20.6 Competitors who lose their control card, omit a control or visit controls in the wrong order must not be placed.
- 20.7 If two contactless control cards are used, then both must be carried on the same arm. If there are missing punches in the first card that is read out, then the punches from the two cards must be merged to form the punching record.
- 20.8 A back-up punching method must be provided to allow a competitor to record their visit in the case of a failure of either a control card or of a punching device.

21. Equipment

- 21.1 As long as the rules of the organising Federation do not specify otherwise, the choice of clothing is free.
- 21.2 Start number bibs must be clearly visible and worn as prescribed by the organiser. If placed on the leg, the bibs must not be larger than 20 cm × 24 cm. The number bibs must not be folded or cut.
- 21.3 During the competition the only navigational aids that competitors may use are the map provided by the organiser, and a compass.
- 21.4 Competitors must use or carry their own skis and ski poles from the start via the controls to the finish. However, competitors may exchange or leave damaged equipment along the course.
- 21.5 Every team must have the chance to have skis, bindings, ski boots, ski poles and other equipment deposited at the arena, and for longer distances, at one or more pre-determined places. It is only allowed to change damaged ski equipment in these designated areas, and no assistance (e.g. from a coach) is permitted during the change. There may be a specific area in the arena for change of damaged ski equipment. However, poles may be exchanged everywhere except in areas (e.g. close to the mass start point) where the organiser has ruled that this is not allowed.
- 21.6 Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that
- they have no map display
 - they have no communication ability other than receiving GPS data
 - they are not used for navigation purposes.

However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

- 21.7 Competitors must not wear the team clothing of another Federation.

WSOC
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JWSOC

- 21.8 The use of any fluorinated waxing products is forbidden. At an IOF Ski Orienteering event, each athlete, team official and supplier of ski waxing services must sign and submit the IOF Declaration of Conformity (Appendix 12) before the competition starts.

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 For an interval start, a simultaneous start or a chasing start, the start must be prepared so that two or more competitors may start side by side. The first 100-200 metres must be prepared to a width of at least three metres. For a mass start, the “Guidelines for mass-start events” must be followed. For a chasing start, the “Guidelines for chasing start and pursuit competitions” must be followed.
- 22.3 All competitors must have at least 30 minutes for undisturbed preparation and warm-up at the start area. Only competitors who have not started and team officials must be allowed into the warm-up area.
- 22.4 The start may be organised with a pre-start before the time start. If there is a pre-start, a clock showing the call-up time to team officials and competitors must be displayed there, and the competitors’ names must be called or displayed. Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.
- 22.5 At the start, a clock showing the competition time to the competitors must be displayed. If there is no pre-start, competitors’ names must be called or displayed.
- 22.6 The start must 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 must be a marked route from the time start to the point where orienteering begins.
- 22.7 The competitor is responsible for taking the right map. The competitor’s start number or name or course must be indicated on or near the map so as to be visible to the competitor before he/she starts.
- 22.8 The point where orienteering begins must be shown on the map with the start triangle and marked in the terrain by a control flag but no marking device. If the track is wide, two control flags may be used, one on each side of the track.
- 22.9 For an interval start, and for a simultaneous start, competitors must receive the map 15 seconds before the start in all distances. For mass starts competitors must receive the map 15 seconds before the start. For chasing starts the competitors must take their map themselves after the time start.
- 22.10 In competitions with mass or chasing starts a camera must record the start. Competitors who start too early or look at the map too early must be given a 2 minute time penalty.
- 22.11 Competitors who are late for their start time must be permitted to start. Their new start time must be recorded.
- In a mass or chasing start, the competitor must be started as soon as possible.
 - In an interval start, if the competitor is at the start line less than half the start interval after their start time, they must start immediately.
 - In an interval start, if the competitor is at the start line more than half the start interval after their start time, they must start at the next available half start interval.
- 22.12 Competitors who are late for their start time through their own fault must 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 organiser must be timed from their new start time

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JWSOC

- 22.13 The changeover between the members of each relay team takes place by touch. The changeover must be organised so that the outgoing team member collects the map.
- 22.14 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.
- 22.15 With the approval of the IOF Event Adviser the organiser may arrange mass starts for the later legs for relay teams that have not changed over.
- 22.16 Once a relay team has accepted its disqualification, further members of that team are allowed to start following instructions from the organiser. The organiser must ensure that they start in a way that will not affect the outcome of the relay..
- WSOC
WCup
JWSOC 22.17 In the changeover area, outgoing team members must have some advance warning of the arrival of their preceding team members.
- WSOC
WCup
JWSOC 22.18 The organiser may define one or more quarantine zone to prevent those who have not started gaining information about the courses. A quarantine zone is defined as a secure area where communication with the outside world by any person in the quarantine zone is forbidden, except for officials authorised to do so by the event organiser. The organiser defines times when competitors and team officials must be inside the quarantine zone. The organiser must provide adequate facilities (toilets, refreshment, shelter, warm-up area, gliding test track etc.) for those waiting in the quarantine zone. If a person attempts to enter the quarantine zone after the deadline, they may be refused entry. Competitors and team officials must not take communication devices that can transmit or receive information into a quarantine zone, other than GPS devices as set out in rule 21.6.
- WSOC
WCup
JWSOC 22.19 If an electronic start gate system is used, the competitor may start any time between five seconds before the start signal and the start signal. If a competitor starts late, the start list time is taken as the start time. A competitor who starts more than 5 seconds early and does not restart is disqualified.
- WMSOC 22.20 For an interval start, and for a simultaneous start, competitors must receive the map 30 seconds before the start in all distances. For mass starts competitors must receive the map 30 seconds before the start. For chasing starts the competitors must take their map themselves after the time start.

23. Finish and time-keeping

- 23.1 The competition ends for a competitor when crossing the finishing line.
- 23.2 The route from the last control to the finish must be bounded by tape or by rope. The last 200 m of the course before the finish, and before the exchange zones in relays, should be as straight as possible and prepared to a width of at least 6 m, if possible 9 m. The last 100-150 m will be the finish zone. The beginning of this zone must be clearly marked with a coloured line. This zone must be separated into at least 2 lanes (each of width 3 m) that must be clearly marked and highly visible but not interfering with the skis. Once the competitors enter the finish zone they must remain in their lane unless they are overtaking another competitor.
- 23.3 The finish line must be at least 6 m wide (if possible 9 m) and must be at right angles to the direction of the finish lanes. The exact position of the finish line must be obvious to approaching competitors.
- 23.4 After crossing the finish line, completing the changeover, or retiring, competitors must hand in the control card or download recorded data. If required by the organiser, they must also hand in their competition map.
- 23.5 The finishing time must be measured at one of the following times:
- when the competitor's front foot crosses the finish line
 - when a competitor punches at the finish line

- if a light beam is used for timing, when the competitor breaks the beam which must be mounted between 0.2 metres and 0.4 metres above the snow level
- when a transponder, carried by the competitor, crosses the finish line.

In interval start races, times must be rounded down to whole seconds. Times must be given in hours, minutes and seconds or in minutes and seconds only. In races with mass or chasing starts, the results may show tenths of a second in order to correctly represent how competitors crossed the finish line.

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| | 23.6 | The timekeeping systems must measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds or better. |
| WMSOC
WRE | 23.7 | Punching at the finish line may be used as a timekeeping system. |
| WSOC
WCup
JWSOC | 23.8 | A light beam or transponder should be used for finish timing. |
| WSOC
WCup | 23.9 | Two independent timekeeping systems, a primary and a secondary, must be used continuously throughout the competition. |
| | 23.10 | In competitions with mass or chasing starts, finish judges must rule on the final placings and a jury member must be present at the finish line. The placings in a close finish are determined by the competitors' front foot crossing the finish line. |
| WSOC
WCup | 23.11 | In competitions with mass or chasing starts, a camera must record the finish. |
| | 23.12 | With the approval of the IOF Event Adviser, the organiser may set maximum skiing times for each class. |
| | 23.13 | There must be medical facilities and personnel at the finish, who are also equipped to work in the forest. |
| WSOC | 23.14 | The maximum skiing times must be: <ul style="list-style-type: none"> • Sprint, 90 minutes for women and men • Middle distance, 3 hours for women and men • Pursuit, 3 hours for women and men • Sprint Relay, 3 hours |

24. Results

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| | 24.1 | Competitors who correctly complete the course are placed in order in the results. Those who fail to correctly complete the course are shown at the end of the results with no placing and with a reason (e.g. mispunched, retired, disqualified). |
| | 24.2 | Provisional results must be announced and displayed in the finish area or the assembly area during the competition. |
| WSOC
WCup
JWSOC | 24.3 | Provisional results must be available on the internet during the competition. |
| | 24.4 | The official results must be published no more than 4 hours after the latest allowable finishing time of the last starter. They must be published on the internet and electronically submitted to the IOF on the day of the race. |
| | 24.5 | The official results must include all participating competitors. In relays, the results must include the competitors' names in the order in which they raced, and times for their legs as well as the course combinations that each skied. |
| | 24.6 | If an interval start is used, two or more competitors having the same time must be given the same placing in the results list. The position(s) following the tie must remain vacant. |

	24.7	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 skiing the last relay leg.
	24.8	In relays where there are mass starts for later legs, the sum of the individual times of the team members must determine the placings of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams which have changed over and finished in the ordinary way.
	24.9	Competitors or teams who exceed the maximum time must not be placed.
WSOC WCup JWSOC	24.10	Every accredited person (competitors, team officials, media representatives etc) must be offered a start list and a competition map.
WCup	24.11	Points must be awarded according to the Ski Orienteering World Cup Special Rules.
WCup JWSOC	24.12	The results of incomplete teams and teams with competitors from more than one Federation are not considered in determining the placings in relay competitions and must not appear in the official results list.
WCup	24.13	The IOF Office produces the official total score lists after every group of events and publishes them on the IOF website.
WSOC WCup JWSOC ROC	24.14	If a Federation is represented by two or more teams in a relay class, only the team with the better result is considered in determining the placings.
JWSOC	24.15	For both classes, a <i>team score</i> is calculated for each Federation (to place the Federations in a <i>team competition</i>) by adding the placings of each Federation's three best competitors in all three individual competitions and the official placing—multiplied by three—of its placed relay team. If a Federation has fewer than three finishers in any individual competition, every missing competitor is treated as though they finished one place behind the last finisher. If a Federation has no place in the relay competition, it is treated as if they finished one place behind the last official placed team. An overall team score is then calculated for each Federation by adding together its men's and women's team scores. The lowest score wins.
WRE	24.16	The World Ranking point calculation method for each season is decided by the IOF Council no later than the end of June prior to the season.
	24.17	The results must be based on competitors' times for the whole course. It is forbidden to eliminate sections of the course on the basis of split times unless the section has been specified in advance (e.g. a short section containing a busy road crossing).

25. Prizes

	25.1	The organiser must arrange a dignified prize-giving ceremony.
	25.2	Prizes for men and women must be equivalent.
	25.3	If two or more competitors have the same placing, they must each receive the appropriate medal and/or diploma.
WSOC	25.4	The title of World Champion is awarded in the following seven separate competitions: • women, Sprint • women, Middle distance • women, Pursuit • Sprint Relay • men, Sprint • men, Middle distance • men, Pursuit

JWSOC	25.5	The title of Junior World Champion is awarded in the following eight separate competitions: - women, Sprint - women, Middle distance - women, Long distance - women, Relay - men, Sprint - men, Middle distance - men, Long distance - men, Relay
WSOC JWSOC	25.6	The following prizes are awarded in all competitions: 1st place Gold medal (plated) and diploma 2nd place Silver medal (plated) and diploma 3rd place Bronze medal and diploma 4th-6th place diploma Medals and diplomas are supplied by the IOF.
WSOC	25.7	The prize-giving ceremonies must be performed by the representatives of the organising Federation and the IOF.
WSOC WCup JWSOC	25.8	In the relays, each individual member of the team must receive the appropriate medal and/or diploma.
WSOC JWSOC	25.9	During the prize-giving ceremony, the national flags of the first 3 competitors or teams must be flown and the national anthem of the winner must be played.
WCup	25.10	In each individual competition the first 3 women and men and in each relay competition the first 3 teams must receive prizes provided by the organiser. The first 6 competitors and the first 6 teams receive diplomas provided by the IOF.
WCup	25.11	The first competitors in the Women and Men classes in the overall Individual World Cup score lists after the last event receive trophies provided by the IOF. The first 3 competitors in the Women and Men classes and the Women U23 and Men U23 classes receive medals provided by the IOF. The first 6 competitors receive diplomas provided by the IOF. The winning Federation of the Team World Cup receives a trophy provided by the IOF.
WCup	25.12	In the World Cup Special rules, two individual competitions are selected as World Championships for Women U23 and Men U23 competitors. The titles of Women U23 World Champion and Men U23 World Champion for the format are awarded in those two competitions. The following prizes are supplied by the IOF and awarded in these competitions: 1st place Gold medal (plated) and diploma 2nd place Silver medal (plated) and diploma 3rd place Bronze medal and diploma 4th-6th place diploma
JWSOC	25.13	The winning Federation of the overall team competition (according to rule 24.15) receives a prize provided by the IOF.
WMSOC	25.14	The first 3 competitors in each class in each competition receive medals provided by the IOF.

26. Fair play

- 26.1 All persons taking part in an orienteering event must behave with fairness, honesty and a spirit of friendship. Competitors must show respect for each other, for officials, media, spectators and the inhabitants of the competition area. The competitors must be as quiet as possible in the terrain.
- 26.2 Except in the case of an accident, seeking to obtain or obtaining assistance from other competitors or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured competitors.

- 26.3 Doping is forbidden. The *IOF Anti-Doping Rules* apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate.
- 26.4 The organiser should publish the venue of the competition in advance. If the venue is not made public, all officials must maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.
- 26.5 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.
- 26.6 The organiser must 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. Such cases must be discussed and decided after consultation with the IOF Event Adviser. (See Appendix 9)
- 26.7 Team officials, competitors, media representatives and spectators must remain in the areas assigned to them.
- 26.8 Control officials must neither disturb nor detain any competitor, nor supply any information whatsoever. They must remain quiet and must not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.
- 26.9 Having crossed the finish line, a competitor must not re-enter the competition terrain without the permission of the organiser. A competitor who retires must announce this at the finish immediately and hand in the map and control card. That competitor must in no way influence the competition nor help other competitors.
- 26.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be sanctioned.
The sanctions that may be applied are:
- A time penalty for jumping the start in a mass or chasing start format race
 - Disqualification
 - Suspension from competition for a defined period (only by the IOF Disciplinary Panel)
- The event organiser, or (as a result of a Protest) the jury, has responsibility for imposing sanctions during an event, defined as the event programme in the event bulletin. Outside of an event, the IOF Disciplinary Panel has responsibility for imposing sanctions.
Where there has been a major violation of the rules, the case may be referred to the IOF Disciplinary Panel to consider suspension from future IOF competitions.
- 26.11 Non-competitors who break any rule are liable to disciplinary action.
- 26.12 The organiser must stop, and postpone or cancel a race if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitor, officials or spectators.
- 26.13 The organiser must void a race if circumstances have arisen which make the race significantly unfair.
- 26.14 Participation in betting relating to an orienteering event is prohibited for competitors in the event, the team officials and the event officials. They are also prohibited from supporting or promoting betting relating to the event. Additionally, they must not participate in any corrupt practices related to betting. Such practices include fixing the result, manipulating any aspect of the results, failing to perform in order to benefit, accepting or offering bribes and passing on inside information.

27. Complaints

- 27.1 A Complaint may be made about infringements of these rules or the organiser's directions.
- 27.2 Complaints may only be made by team officials or competitors.
- 27.3 Any Complaint must be made in writing to the organiser as soon as possible. A Complaint is adjudicated by the organiser. The complainant must be informed about the decision immediately. If the organiser is unable to make the decision, the Event Adviser must decide in their place.
- 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 in the Complaint.

28. Protests

- 28.1 A Protest may be made against the organiser's decision about a Complaint.
- 28.2 Protests may only be made by team officials or competitors.
- 28.3 Any Protest must be made in writing to the organiser no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the Protest.
- WSOC 28.4 A Protest fee of 50 EUR (or the equivalent in local currency) must be paid to the
WCup IOF Senior Event Adviser in cash when making a Protest. The fee will be returned
JWSOC if the Protest is accepted by the jury, otherwise the fee must be sent to the IOF.
WMSOC Where a Protest is signed by more than one Federation, each of these Federations
ROC will pay the Protest fee.
- WRE 28.5 There is no fee for a Protest.

29. Jury

- 29.1 A jury must be appointed to rule on Protests.
- 29.2 The IOF Council decides for which events it must appoint the jury. If the IOF is not appointing the jury, the Federation of the organiser must appoint the jury.
- 29.3 The jury consists of 3 or 5 voting members, according to Rules 29.10–29.14, from different Federations. The IOF Event Adviser leads the jury but has no vote.
- 29.4 A representative of the organiser may participate in jury meetings but may be asked to leave before the jury comes to its decision. The representative of the organiser has no vote.
- 29.5 The organiser must 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 IOF Event Adviser must nominate a substitute. The IOF Event Adviser must make the final decision regarding any potential conflict-of-interest.
- 29.8 Decisions of the jury are final.

WSOC	29.9	The jury is appointed by the IOF Council. It consists of 5 voting members from different Federations.
JWSOC	29.10	The jury is appointed by the IOF Council. It consists of 3 voting members from different Federations.
WSOC JWSOC	29.11	The jury must consist of both men and women. No jury member must come from the organising Federation.
WCup WMSOC	29.12	The jury consists of 3 voting members from different Federations. Two members are appointed by the IOF Council. One member is appointed by the Federation of the organiser.
WRE	29.13	The jury consists of 3 voting members, if possible from different Federations.

30. Appeals

- 30.1 An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury is no longer active. No appeal may be made against a jury decision. An appeal may only be made against a jury decision if there has been a serious procedural error in the operation of the jury.
- 30.2 An appeal may only be made by Federations.
- 30.3 An appeal must be made in writing to the IOF Office as soon as possible.
- 30.4 There is no fee for an appeal.
- 30.5 Decisions about an appeal are final.
- 30.6 The IOF Disciplinary Panel deals with the appeal.

31. Event control

- 31.1 All events, for which these rules are binding, must be controlled by an *IOF Event Adviser*. The IOF Event Adviser must be appointed within 3 months of the appointment of an organiser.
- 31.2 The IOF Council decides for which events it will itself appoint the IOF Event Adviser.
- 31.3 If the IOF Event Adviser is appointed by the IOF, he or she is the official representative of the IOF to the organiser, is subordinate to the IOF Council and communicates with the IOF Office.
- 31.4 The Federation of the organiser must always appoint an independent national controller. This controller assists the IOF Event Adviser appointed by the IOF. If the IOF does not appoint an IOF Event Adviser for the event in question, the controller appointed by the Federation will be the IOF Event Adviser. The controller appointed by the Federation need not come from the same Federation.
- 31.5 All IOF Event Advisers must hold the IOF Event Adviser's licence. No IOF Event Adviser or IOF Event Adviser's Assistant may have any responsibility for a participating team.
- 31.6 The IOF Event Adviser must ensure that rules are followed, mistakes are avoided and that fairness is paramount. The IOF Event Adviser has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event.
- 31.7 The IOF Event Adviser must work in close collaboration with the organiser, and must be given all relevant information. All official information sent to the Federations, such as bulletins, must be approved by the IOF Event Adviser.
- 31.8 As a minimum, the following tasks must be carried out under the authority of the IOF Event Adviser:
 - to approve the venue and the terrain for the event, including reserve area

- to look into the event organisation and assess the suitability of the proposed accommodation, food, transport, programme, budget and training possibilities
- to assess any planned ceremonies
- 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 check that the map conforms with the IOF standards
- to approve the courses after assessing their quality, including degree of difficulty, control sitings and equipment, chance factors and map correctness
- to check any course splitting method and course combinations
- to assess arrangements and facilities for the media
- to assess arrangements and facilities for doping tests
- to approve the official results

31.9 The IOF Event Adviser must make as many controlling visits as he or she deems necessary. The visits must be planned in agreement with the appointing authority and the organiser. Immediately after each visit, the IOF Event Adviser must send a brief, written report to the IOF Event Adviser appointing body with a copy to the organiser.

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

31.11 The IOF Event Adviser appointing body has the authority to revoke the appointment of the IOF Event Adviser.

WSOC 31.12 The IOF Event Adviser must make 3 visits as a minimum: one at an early stage, one a year before the championships and one 3-4 months before the championships.

32. Event reports

32.1 No more than 3 weeks after the event, the organiser must submit a short report to the IOF Event Adviser along with complete result lists.

32.2 No more than 4 weeks after the event, the IOF Event Adviser must send a report to the IOF Event Adviser appointing body. The report should include any significant features of the event and details of any Complaints or Protests.

WSOC 32.3 No more than 3 weeks after the event, the organiser must forward a short report, two sets of maps with course details and a complete results list to the IOF Office.

WCup

JWSOC

WMSOC 32.4 No more than 3 weeks after the event, the organiser must forward a selection of maps, including all maps with course details, and a complete results list to the IOF Office.

WSOC 32.5 One copy of every bulletin, the final programme including start lists, a plan of the organisation and a final statement of accounts must be sent to the IOF Office for the archives no more than 6 months after the event.

33. Advertising and sponsorship

33.1 Advertising of tobacco and hard liquor is not permitted.

33.2 Advertising on track suits or other clothing which are worn by team members during the official ceremonies must not exceed 300 cm². There is no restriction to the amount of advertising on the competitors' competition clothing or equipment except for the start number bibs.

34. Media service

- 34.1 The organiser must offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.
- 34.2 As a minimum, the organiser must make available to media representatives the following:
- hotel accommodation of medium standard, to be paid for by the users
 - start lists, programme booklet and other information on the day prior to the competition
 - opportunity to take part in the model event
 - weather-protected, quiet working space in the finish area
 - result lists and maps with courses immediately after the competition
 - internet access to be paid for by the users
- 34.3 The organiser must make every effort to maximise media coverage as long as this does not jeopardise the fairness of the event.
- 34.4 The organiser must facilitate access to the competition area for media personnel. The organiser may need to provide transport.

35. Cold weather safety

- 35.1 There are three main factors to be considered by the organiser and the IOF Event Adviser regarding cold weather safety: the temperature; the duration of the exposure; and the clothing and other protection against cold weather. These factors together with any other relevant information such as the 'wind chill factor' must be taken into consideration when a decision is made regarding cold weather.
- 35.2 If the temperature level is between minus 15° C and minus 20° C at any point of the course, recommendations regarding cold weather protection must be given to competitors and competition officials. Adequate controls must be established to ensure that the recommendations are being followed and the competitors' health and safety are protected.
- 35.3 If the temperature in a major portion of the course is minus 20° C or below, the competition must be delayed or cancelled. Such decision is to be made jointly by the organiser and the IOF Event Adviser.

Appendix 1: General competition classes

1. Age classes

- 1.1 Competitors are divided into classes according to their gender and age. Women may compete in men's classes.
- 1.2 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.
- 1.3 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.
- 1.4 The main competition classes are called W21 and M21, for women and men respectively.
- 1.5 For competitors younger than 21, the classes W20 and M20, W18 and M18 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.
- 1.6 Each class may be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course lengths are named E (elite)—if applicable, A, B, C and N (novice). Subclasses according to course lengths only are named S (short) and L (long).
- 1.7 Elite (E) classes may only be provided for age classes 18, 20 and 21. They must be restricted to competitors classified as elite competitors by their Federation or who are selected for the class based on their position in a Federation's ranking scheme.

2. Parallel classes

- 2.1 Should a class have too many entries, it may be split into parallel classes. Splitting of elite classes should be based on the competitors' previous performances. 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.

Appendix 2: Agenda for team officials' meeting

As much information as possible should be put in Bulletin 4, leaving the minimum of information to be transmitted verbally at the team officials' meeting.

- 1. Opening**
- 2. Roll-call**
 - max two representatives per federation
- 3. Presentation of officials**
 - Organizer's officials
 - Jury members
- 4. Time schedule**
 - If not according to the program
- 5. Transport to competition centre**
- 6. Competition centre (overhead transparency diagram)**
 - Parking
 - Change facilities and showers
 - Ski waxing and temperature info
 - Gliding test
 - Warming-up tracks
 - Pre-start
 - Prohibited areas
- 7. Waxing facilities**
 - Rooms
 - Electricity
 - Ski profiles
 - Tables
- 8. Equipment controls in terrain**
 - Common or separate controls, W/M
 - Location expressed as percentage of course length
 - Team bags to be delivered: where, when
- 9. Courses**
 - Length (straight line and shortest sensible route choice)
 - Number of control
 - Intermediate times (kms of course length)
 - Total climb
 - Estimated winning times
 - Altitude above sea level
 - Refreshment controls, (kms of course length)
 - Forkings?
- 10. Tracks**
 - Specifications of different tracks
 - Kind of preparation
 - Number of crossings per square km
 - Latest preparation

- Track qualities, present situation

11. Map Type

- Scale and contour interval
- Size, trimmed down
- Special symbols
- When are they returned?

12. Special points to disclose

- Hazardous areas
- Prohibited areas
- Directions about prohibited roads and similar routes
- Any differences from normal IOF standards

13. Control card

- Type to be used

14. Start procedure (overhead transparency diagram)

- Start method
- Starting commands
- Taking maps, when?
- Distance time start to start point

15. Loop and map change procedure (overhead transparency diagram)

- Marking of maps
- Handing in used maps
- Taking new map
- Refreshment and equipment service

16. Finish procedure

17. Weather forecast

- Weather lately
- Forecast for the competition time
- Wind
- Snow
- Temperature
- Sun

18. Other matters

19. If there are any changes to the information in Bulletin 4 or if there are decisions taken during the team officials' meeting, these changes should be given in writing to all teams.

20. Closing

Appendix 3: Approved punching systems

[Competition Rule 20.1 states that ‘Only IOF licensed electronic punching systems may be used’.]

- The only fully approved control punching systems (December 2022) are:
 - the *Emit* Electronic Punching and Timing system
 - the *SPORTident* system
 - the *Emit* Touch Free Punching system
 - the *SPORTident* AIR+ system
- Details of the currently licensed versions along with any provisionally approved systems are shown on the IOF web pages
- The use of any other control punching system requires prior approval of the IOF Rules Commission.
- With respect to the *Emit* EPT 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 traditional *SPORTident* system, a backup needle punch must be present at each control. 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 backup punch.
- The control card must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable must 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 not be placed. In the case of non-contactless *SPORTident*, this rule means that:
 - If one unit is not working, a competitor must use the backup provided and will not be placed 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 not be placed (even though the control unit may have recorded the competitor’s card number as an error punch).
 - It is permitted for the organiser to read the backup from any control. A competitor can require the organiser to read the backup from a control, subject to a payment of 20 EUR (or the equivalent in local currency). If the control is found to contain a complete (non-error) punch; the competitor must be recorded as having punched that control correctly and the fee will be returned; otherwise the fee must be retained by the organiser.

Appendix 4: Guidelines for mass-start events

Mass start is a spectator-friendly format offering a competition between skiers, head-to-head, and with the first to finish being the winner.

Mass-start with forking consisting of three or four loops can be used for Middle and Long distance events. In women's classes, the use of two loops is also possible.

Each loop must have at least one, preferably more, common control points, and part of the loop between those controls should be independently forked.

An important element of the mass start is to have a long leg to the first control(s) to allow skiers separation before the control. The Arena layout and the course setting must consider this (e.g. forking must be used, the time difference between alternatives loops should be small). The competitors should pass the Arena and, if possible, skiers should be visible from the Arena while approaching the last control. An appropriate number of intermediate times (possibly with in-forest commentators) should be provided, as well as TV-controls shown on a screen in the Arena. The mass start format requires a course planning technique which separating skiers from each other (e.g. forking).

For fairness and for spectator interest, at the end of the race there should be an unforked part, which should not be more than 1/5 of the length of the whole course. This can be arranged by having a common last part of the third loop or a common shorter fourth loop. However the first part of the third loop should be forked. In women's classes there may be only two loops, but in that case there must be at least three independently forked parts making minimum of 8 different course combinations.

In the case of poor snow conditions, the competition should be changed to an interval start if the minimum requirements for mass-start forking cannot be satisfied.

Different forkings should not differ significantly in length or height to improve intermediate time keeping and thereby increase the spectator-friendliness. Course combinations should be randomly allocated to the start numbers. The best skiers should be spread across the different forking combinations.

The start area should be wide. Starting rows should be arranged in a way that competitors in the same starting group are in the same row. At least the first controls should be planned to avoid bi-directional skiing in narrow tracks. Start times and competition areas for different classes need to be planned to avoid unnecessary traffic jams or meeting of large groups in the common tracks.

All controls should be wide with several punching units. The first and later common controls should have the punching units very widely spaced. Turning at controls should be avoided in course-setting for all mass-start races as far as possible and especially in the beginning and in the last common part. Controls should not be placed so that they are approached at high speed from different directions. The course setting should aim to avoid traffic jams at the first control.

The starting procedure in all individual Mass Starts and all Relay Starts is uniform in all IOF Events. Competitors are positioned in rows based on their ranking with the best

athletes/teams in front. For a mass start (individual or relay) the organiser can choose between two alternative methods to distribute the maps. One method is to deliver the rolled or folded map into the athlete's left hand behind his back between 90 and 45 seconds before the start and on the signal the athletes are allowed to move the map from behind into their map holder. The second method is to have one member of staff for each two athletes and give the maps to the athletes 15 seconds before the start. At the start signal, competitors can start skiing.

It's the competitor's own responsibility to take the right map at a map change. The competitor who takes a wrong map must be disqualified. For such situations the organiser must have spare maps and list of course combinations to quickly provide correct loops to the competitors.

Starting from a minimum of 100 m before the finish, there should be at least two, preferably three, separate finish lanes. A competitor has finished when the top of the front ski boot has passed the clearly marked finish line. The finish line should be video recorded, if possible, to decide any unclear cases. At least one jury member must be at the finish.

Spectator-friendliness must be an important objective. Common controls should be used as radio controls, from where the current standing should be reported to the speaker.

Appendix 5: Guidelines for chasing-start and pursuit competitions

Chasing start.

Text from the rules:

- If chasing start is used, the placings are determined by the order in which the competitors finish.
- The competitors start at intervals depending on results from previous race(s); the first across the finish line is the winner
- In a chasing start, the competitors start singly at start times and intervals determined by their previous results.
- In competitions with chasing starts, finish judges must rule on the final placings and a jury member must be present at the finish line.
- In competitions with chasing starts, a camera must record the finish.

The chasing start should be in the arena. The competitor starts, then picks up the map from a “map wall” (the maps should not be handed out manually).

Pursuit competition

Pursuit is a competition format where an interval start prologue determines the start times for a chasing start final.

The prologue is a sprint distance race (winning time 10-15 minutes).

To determine the start list for the chasing start final, the organiser uses the prologue result list. The winner of the prologue starts first and the remaining competitors start with an interval equal to the time differences from the prologue.

Those prologue competitors who are more than 10 minutes after the prologue winner, or who were not placed in the prologue, start in a mass start 10 minutes after the last starter in the chasing start final. The time gap between the last chasing starter and the mass start can be adjusted so the mass start is executed some minutes before the first competitor have completed the first loop (depending on the terrain and the course structure).

The result list for the pursuit is determined by the order across the finishing line. Any competitors who started in the mass start are ordered by their elapsed time and in any case are placed after those who started in the true chasing start.

Competitor who were not placed in the prologue can take part in chasing start. Such participants start in the mass start line-up behind those who had successfully finished the prologue but are more than 10 minutes after the winner. Competitors who were not placed in the prologue are not placed in the overall results.

GPS tracking is important for a high quality event and should be used in pursuit competitions.

Course planning considerations

The format for the chasing start final should be according to the Middle distance mass start format, where the distance is extended so the winning time should be 50-60 min. The chasing start final courses must be forked, and the last part must be same for all skiers.

The forking method should be by 2 loops with map change in the arena. The last part (10 min) of the second loop should be without forking. This could be achieved by a common third loop.

Appendix 6: Principles for course planning

1. Introduction

- 1.1. Purpose
- 1.2. Application of these principles

2. Basic principles

- 2.1. Definition of ski orienteering
- 2.2. Aim of good course planning
- 2.3. Course planner's golden rules

3. The ski orienteering course

- 3.1. Terrain
- 3.2. Definition of a ski orienteering course
- 3.3. The start
- 3.4. The course legs
- 3.5. The controls
- 3.6. The finish
- 3.7. The track system
- 3.8. The elements of map reading
- 3.9. Route choices
- 3.10. The degree of difficulty
- 3.11. Competition types
- 3.12. Specific requirements
- 3.13. Map exchange
- 3.14. What the course planner should aim for

4. The course planner

1. Introduction

- 1.1. Purpose

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

- 1.2. Application of these principles

Courses in all international ski orienteering events must be planned in accordance with these principles.

2. Basic principles

2.1. Definition of ski orienteering

Ski 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. Skiing and navigational skills must be tested in such a way that a navigational skill is the decisive element. Parts may be completed on foot, in which case the competitor must carry appropriately-sized skis, ski sticks and ski boots. Orienteering on skis may be characterised as skiing 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 ski orienteering as skiing navigation
- the fairness of the competition
- competitor enjoyment
- the protection of wildlife and the environment
- the needs of media and spectators

2.3.1. Unique character

Every sport has its own character. The unique sport of ski orienteering is to find and follow the best route through the competition terrain against the clock. This demands ski orienteering skills: accurate map reading, route choice evaluation, compass handling, concentration under stress, quick decision making, skiing on different types of tracks, 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 ski orienteering competitions. The course planner must consider all such factors to ensure that the competition is fair and that all competitors face the same conditions on every part of the course.

2.3.3. Competitor enjoyment

The popularity of ski 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 competitor 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 are discovered in advance.

2.3.5. Media and spectators

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

There should be a “forest” control near the stadium so that the media can easily take “forest” pictures.

Spectators should be provided with internet access at the stadium.

3. The ski 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 skiable and suitable for testing the ski orienteering skills of the competitors.

3.2. Definition of a ski orienteering course

A ski 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 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 a ski 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 (depending on competition types) different types of legs should be offered, some of them based on intense map-reading and others containing more easily skied route choices. There should also be variations with regard to length and difficulty to force the competitor to use a range of orienteering techniques and skiing speeds. The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to re-orient 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

All controls must be situated on ski tracks or open prepared areas shown on the competition map. The exact placing of a control on the ground, and the point marked on the map, must be indisputable. The controls 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 control is placed accurately along the track.

Controls, including refreshment points, map changes etc., must not be sited on steep and difficult downhills. Turning at controls should be avoided in course-setting as far as possible, especially in the beginning, in the last common part and in the part where forking methods mean that the same control is visited several times. Controls should not be placed so that they are approached at high speed from different directions.

Touch-free punching systems may have a limit to the speed that an athlete can pass and secure a punch so touch-free controls should not be on steep slopes.

The tracks at the control sites must be sufficiently wide for competitors to pass.

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 lead competitors around dangerous or out of bounds areas.

Controls can also serve as equipment, refreshment, media and spectator points.

3.5.3. The control flag

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

3.5.4. Fairness of control sites

Control flags should not be hidden.

It is necessary to choose control sites with great care and notably to avoid the effects where incoming competitors will block the track for the outgoing competitors.

3.5.5. Proximity of controls

Controls on different courses placed too close to one another can mislead competitors who have navigated correctly to the control site. Controls on the same track (without overprinted track crossings between) must not be sited within 100 m of each other. Further, only when the controls are sited distinctly different in the terrain as well as on the map, should controls be placed closer than 50 m.

3.5.6. The control description

Control descriptions are not used in ski orienteering. All controls must be situated on tracks shown on the competition map. The exact placing of a control on the ground, and the point marked on the map, must be indisputable.

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 track system

The track system should be planned taking into consideration the following objectives:

- competition format
- terrain, especially height differences
- varying use of different skiing techniques
- the demands of course planning

Track preparation should be done taking into consideration the following objectives:

- fairness by giving equal conditions for all participants
- safety
- map-terrain accuracy especially with regard to track crossings

When preparing competition tracks and depicting the track system in the competition map, specific attention should be paid to the dashed line tracks. For elite orienteers, it is important for their route choices that they know whether it is possible to skate up-/downhills on a dashed line or not. The track standard requires that it is not possible to skate on a dashed line track in normal conditions. Therefore a dashed line track must be max. 1.2 m wide and must not be widened in uphill or downhill sections. If such widening is necessary for safety or other reasons, that part of the track must be depicted with a whole line on the map indicating clearly that the track is widened, wider than 1.2 m and the competitors can thus skate up the hills.

3.8. The elements of map-reading

On a good ski 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.

3.9. 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".

3.10. 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 navigation and the skiing 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 details of the map. It is particularly important to get the level of difficulty right when planning courses for novices and children.

3.11. Competition types

The different competition formats require different characteristics from the courses. To standardise the formats and thus give the competitors fair expectation of what the event would require of him/her, the course setter is required to follow the following guidelines and principles

a. Extra Long Distance:

- i. Winning times: 2.15-2.35 h for men and women. (Other classes 150 % of Long distance times).
- ii. Recommended mass start with 3-6 loops with 1-3 forking controls on the loop; usage of butterfly loops allowed.
- iii. The event and the course highlights (1) route choices, (2) physical endurance, and (3) ability to pace the event in the most economical way to maintain strength until the finish.
- iv. Less dense track system, very long legs (5-6 km) between controls.

b. Long distance:

- i. Winning times: 1.25-1.35 h for men and women.
- ii. Individual start with 2 minute intervals or mass start with forking and different loops. Several map changes and public controls at the start/finish area.
- iii. The event and the course highlights (1) route choices, (2) pacing of orienteering with route choices (fast skiing) and dense track systems with a lot of map reading, (3) physical endurance and ability to ski fast on ski orienteering tracks.
- iv. A blend of long route choice legs (3-4 km) between controls and challenging map reading/orienteering on dense track system areas (200-400 m between the controls).

c. Middle Distance:

- i. Winning times: 40-45 min for men and women. (Other classes: 50 % of Long distance times). For mass start (extended distance), winning times: 50-60 min for men and women.
- ii. Individual start with 2 minute intervals or mass start with 3 loops with 1-3 forking controls on the loop; Several map changes and public controls at the start/finish area.
- iii. The event and the course highlights (1) map reading, (2) precise and smooth navigation on dense track systems, (3) ability to ski fast on ski orienteering tracks, (4) physical endurance.
- iv. The course has short (< 1 km; in average 350-400 m) legs between the controls and a very dense track system. A mass start (extended distance) should have some longer route-choice legs allowing competitors to pass each other without having visual contact.

d. Sprint Distance:

- i. Winning times: 10-15 min for men and women. (All other classes the same).
- ii. Individual start with 1 minute start intervals. No forking, but a preference to use public controls at the start and finish area.
- iii. The event and the course highlights (1) precise and smooth navigation on dense track systems, (2) high speed map reading, (3) high speed skiing on ski orienteering tracks, (4) route choices.
- iv. The course has an even mix (50%/50%) of longer route choice legs and short legs in a very dense track system.

e. Relay:

- i. 3 legs – leg winning time 30-35 minutes both men and women.
- ii. Mass start with 3 legs with 2-3 forking controls on the loop; preferably public controls at the start/finish area half way of the leg.
- iii. The event and the course highlights (1) map reading, (2) precise and smooth navigation on dense track systems, (3) ability to ski fast on ski orienteering tracks, (4) physical endurance.
- iv. The course has short (< 1 km; in average 350-400 m) legs between the controls and a very dense track system.
- v. Basically characteristics of a slightly shorter Middle Distance race.

f. Sprint Relay:

- i. Two competitors in a team. 6 legs (three legs per competitor) – leg winning time 6-8 minutes both men and women. At least one woman in a team; specific men's and women's legs. The organiser decides which legs must be skied by a woman.
- ii. Mass start with 6 legs with 1-2 forking controls on the loop; Preferably public controls at the start/finish area half way of the leg.
- iii. The event and the course highlights (1) precise and smooth navigation on dense track systems, (2) high speed map reading, (3) high speed skiing on ski orienteering tracks, (4) route choices.
- iv. The course has an even mix (50%/50%) of longer route choice legs and short legs in a very dense track system.
- v. Basically the characteristics of a slightly shorter Sprint race.

3.12. Course planning must account for specific requirements of the type of competition considered. For instance, course planning for sprint ski orienteering must call on detailed map reading and on a high degree of concentration at full speed throughout the entire course. Course planning for relays and mass-start events should incorporate a good and sufficient forking/splitting system (see Appendix 4: Guidelines for mass-start events). Course planning should consider the need for spectators and media to be able to follow closely the progress of the competition.

3.13. When planning a map exchange there must be sufficient space for several competitors to exchange maps simultaneously. At a mass start (individual and relay) the skiers/teams with the best ranking are assigned the maps closest to the next starting point so as not to hinder subsequent runners in taking their maps.

3.14. What the course planner should aim for

3.14.1. 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.

3.14.2. 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 skiing speed when surveying the area.

3.14.3. Use of 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 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, etc.

3.14.4. Placing controls sufficiently 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.

3.14.5. Avoid over-complicating the route choices and making too dense a track system.

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.

The track system should be planned so that it will be possible to "open" it after heavy snowfall within a reasonable time.

3.14.6. Courses that are too physically demanding and too long in difficult weather conditions.

Courses should be set so that normally fit competitors can ski over most of the course set for their level of ability. The total climb of a course should normally not exceed 4% (max 6%) of the length of the shortest sensible route.

Consideration must be given to the altitude and the major part of the course should be below 1800 metres above sea level. The organiser can apply for exemption from this altitude restriction and must clearly state this fact in Bulletin 1.

The physical difficulty of courses should progressively decrease as the age of the competitors increases in Masters classes. Special care must be taken that for classes M70 and over and W70 and over, the skiing is not too technically or 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 competitions.

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, snow conditions, 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 planners' work must be checked by the controller. This is essential because of the numerous opportunities for error which could have serious consequences.

Appendix 7: 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 co-operate 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

Appendix 8: 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 9: Guidelines for use of terrain for Major IOF Ski Orienteering Events

1. The proposed competition area, including the reserve area, must normally be embargoed immediately after the organiser has appointed. If that is not possible, then arrangements for access to the terrain must be published as soon as possible. Information on embargoed areas must be given in the bulletins and also be available on Internet via the IOF web site.
2. Areas can be embargoed only for orienteering activity, i.e. allowing the use of permanent tracks without a map. However, after the preparation of the small track system for the race, the competition area must be fully embargoed.
3. In parallel, a colour copy of the most recent orienteering and / or ski orienteering map must be sent to all relevant Ski Orienteering Federations. Copies must also be sent to the IOF Office, see § 8.3 and 8.4. The most recent map(s) should also be available on Internet on the web site of the Organiser.
4. When embargoed areas have been announced, it is forbidden for all potential competitors, trainers, team leader etc to visit these areas, unless permission is specifically given by the organiser and the IOF Event Adviser.
5. The objective of the embargoing of a competition area is to limit the advantage any competitor with local knowledge on the terrain and the map might have. An effort must be made to give all competitors as equal conditions as possible, at the same time as meeting the modern ski orienteering event objectives for easily accessible areas close to town centres, use of established ski arenas, spectator and media friendly events etc.
6. Track and course setting must be made in a way such that the advantage any local competitor might have will become marginal.
7. In this context, the organiser should, if deemed appropriate by the organiser and the IOF Event Adviser, organise training possibilities / “a survey trip” in the competition terrain one year prior to the event (winter, with main tracks). If deemed relevant for WSOC, training possibilities / “survey trip” must be arranged in conjunction with WCup / Pre-WSOC one year before WSOC.
8. Track and course setting and the competition order should be made so that competitors who have participated in earlier competitions in the same event do not have a significant advantage over those who have not.
9. If the area allowed for training is in the vicinity of restricted areas, the boundary of the restricted area must be clearly marked in the terrain.
10. Violation of the Rules / Guidelines to gain advantage (e.g. unauthorised training, surveying) of the terrain, knowledge of the maps, courses etc, beyond what is provided to all competitors, is forbidden and must lead to barring from the event.

11. The organiser must bar from the competitions a competitor who, despite the guidelines given above, is deemed to have a substantial advantage over other competitors. Such cases must be discussed and decided after consultation with the IOF Event Adviser.

Appendix 10: European Ski Orienteering Championships

The European Ski Orienteering Championships (in short ESOC) is the official event to award the titles of European Champion in Ski Orienteering in the classes M21 and W 21. The event is organised under the authority the IOF and the appointed Federation. The event must follow the IOF Competition Rules for the Ski Orienteering World Championships (WSOC) unless otherwise stated in these Rules.

1. Principles for ESOC

The championship must be organised in accordance with the following principles:

- The best ski orienteers of each European Federation must be offered competitions of the highest technical quality.
- The event must have a social atmosphere, letting people exchange experience and find new friends.
- The costs of participation must be kept low and accommodation of different standard and prices must be offered.

2. Event programme

The event is organised in odd years. The programme normally includes Sprint, Middle and Long distance competitions, a Sprint Relay and a normal Relay as well as an opening ceremony, a closing ceremony and adequate model events and rest. The Sprint, Middle and Long distance competitions are single race competitions. Either the Long distance competition or the Middle distance competition should have a mass start. The programme must be no longer than 7 days. The dates of the ESOC must be coordinated with other international events by the IOF.

3. Event application and appointment of organiser

Any European Federation that is a member of IOF may apply to organise the ESOC. Applications must reach the IOF before 1 January 2 years prior to the event year. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. An IOF Event Adviser from another Federation must be appointed to control the event.

4. Participation

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in ESOC.

Competitors representing other member Federations of the IOF can participate in ESOC but will not be eligible for European titles, medals or diplomas.

In the individual competitions a Federation may enter a maximum of 6 competitors in each class. There must be no limit on the number of competitors and leaders in a team. If an individual competition is also a World Cup competition, then additionally, each Federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively.

The organising Federation may have two additional competitors as official ESOC competitors in the individual competitions.

In the relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the results list. In the sprint relay a Federation may enter 3

teams each consisting of 2 competitors, but only the best-placed team will count in the results list.

5. Starting order, start interval, winning times, red groups etc.

If arranged in conjunction with World Cup events, the rules for the World Cup apply with respect to the starting order.

6. Results Lists

If any non-European runners participate in the competition two separate results lists must be published. One results list showing the results of the European Orienteering Championship excluding any non-European runners and a second showing the results of the competition including non-European runners.

The results of incomplete teams and teams with competitors from more than one Federation are not considered in determining the placings in relay competitions and must not appear in the official results list.

7. Jury

IOF Council appoints the jury. It consists of 3 voting members from different orienteering federations.

8. World Cup

If one or more of the competitions staged as part of the ESOC is also designated by the IOF as part of the World Cup series of events, then the rules under which it/they are conducted are determined by the IOF.

Appendix 11: European Youth Ski Orienteering Championships

The European Youth Ski Orienteering Championship (in short EYSOC) is the official event to award the titles of European Youth Champion in Ski Orienteering in the classes M-17 and W-17. The event is organised under the authority of the IOF and the appointed Federation.

The event must follow the IOF Competition Rules for the Junior World Ski Orienteering Championship (JWSOC) unless otherwise stated in these Rules.

1. Principles for EYSOC

The championship must be organised in accordance with the following principles:

- The best youth ski orienteers of each European Federation must be offered competitions of the highest technical quality in M-17 and W-17.
- The event must have a social, rather than a competitive atmosphere, letting young people exchange experience and find new friends.
- The EYSOC in M/W -17 can be arranged in conjunction with Junior World Ski Orienteering Championships (JWSOC) events or as separate events.
- The costs of participation must be kept low.

2. Event programme

The event is organised annually. The programme normally includes Sprint, Middle, Long distance competitions and a Relay for national teams with 3 legs as well as an opening ceremony, a closing ceremony and adequate model events. The Sprint, Middle and Long distance competitions are single race competitions.

The programme for the EYSOC races must be kept within 6 days. The dates for the EYSOC must be coordinated with other international youth and junior events.

3. Event application and appointment of organiser

Any European Federation that is a member of IOF may apply to organise the EYSOC.

Applications must reach the IOF Office before 1 January two years prior to the year of the event¹. The provisional appointment of organisers or organising Federations is made by the IOF Council no later than 31 October the same year. Each appointment must be confirmed by the signing, within 6 months, of a contract to organise the event, else Council may make an alternative appointment. An IOF Event Adviser from another Federation must be appointed to control the event.

4. Participation and Classes

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EYSOC.

Competitors representing other member Federations of the IOF can participate in EYSOC but will not be eligible for European titles, medals or diplomas.

For each individual competition a Federation may enter a maximum of 6 competitors in each class. A Federation may enter 2 teams in the Relay. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings. The EYSOC is divided into 2 classes for the following age categories:

W-17 for female athletes who are no more than 17 years old on 31 December of the year of the competition.

¹ Example: The deadline for EYSOC 2024 is 1 January 2022 even if the event is proposed to take place in the pre-season, e.g. December 2023.

M-17 for athletes who are no more than 17 years old on 31 December of the year of the competition.

The year of the competition is defined as the calendar year for which the championship counts, even if the event takes place in the pre-season e.g. in December the year before².

The organising Federation may have two additional competitors as official EYSOC competitors in the individual competitions. These competitors must start in the lowest ranked (Early) start group.

5. Starting order, start interval, winning times

The start interval in the Long and Middle distance competition is 2 minutes, if they are not mass start competitions. The start interval in the Sprint distance is 1 minute.

The start draw must be made with 3 starting groups, each starting group being drawn at random. In each individual competition each Federation must allocate its competitors to specified starting groups. A Federation must allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser must decide the allocation.

Winning times:

	Middle	Long	Sprint	Relay
W -17	20-25 min	40-45 min	8-12 min	20-25 min/leg
M -17	20-25 min	40-45 min	8-12 min	20-25 min/leg

6. Prizes

Medals for all the competitions (3 medals in each class / competition, 3 sets of medals in each class in the Relay) and diplomas for places 1-6 must be provided by the IOF.

No team score must be calculated.

Representatives of the organising Federation and a representative of the IOF must perform the prize-giving ceremonies.

7. Jury

IOF Council appoints the jury. It consists of 3 voting members from different orienteering federations.

² Example: The EYSOC 2023 event takes place in December 2022. Any runner less than 18 years old on 31st December 2023 is eligible to compete.

Appendix 12: Fluor Ban Declaration

IOF Ban on fluorinated products for ski-waxing Declaration of Conformity

1. Additional regulation and validity

This regulation and declaration of conformity is deemed an additional regulation per the Competitions Rules for IOF Ski Orienteering Events §2.5. It is valid for all IOF events from the 2022/2023 Ski Orienteering season and onwards i.e., from 1 November 2022.

Rule 21.8 in the Competition Rules for International Orienteering Federation (IOF) Ski Orienteering events declares that the use of all fluorinated waxing products is forbidden at IOF events, including World Ranking Events.

2. Declaration

This declaration is being made by:

- ☐ An athlete participating at an IOF Ski Orienteering event
- ☐ A Team Official representing their national team at an IOF Ski Orienteering Event and making this declaration on behalf of the entire team.
- ☐ A supplier of ski waxing services providing such service to one or more teams at an IOF Ski Orienteering event.

I,, residing at

.....

Name

.....

Address

hereby declare that I understand and agree to the prohibition of all fluorinated waxing products at IOF Ski Orienteering events. I agree that all products used must be compliant with the above-mentioned regulations.

If signing as a Team Official or waxing supplier, I am making this declaration for the entire team. Such signature does not relieve each individual athlete of responsibility for the waxing products used on their skis.

The IOF reserves the right for spot checks of products used, and to analyse such products in a licensed laboratory. For this purpose, I grant and guarantee access to waxing facilities (cabin/service van or other) and skis prior to and during the event upon the request of an IOF appointed person (Inspector).

In case of violations the IOF will impose sanctions including the disqualification and loss of event accreditation for the entire national team involved in the violation. Infractions may also lead to a referral to the IOF Disciplinary Panel for additional sanctioning.

A signed declaration is mandatory for participation/accreditation at any IOF event.

Signed (Date and place)

Signature
Representing: (*national team acronym*)

Significant changes to the previous version (December 2021)

References are to the 2022 rule numbers unless otherwise stated.

- 6.11 WCup Rule removed which gave two extra places to the organising Federation. Subsequent rules renumbered
- 9.2 Competitors may run in any relay when events are staged concurrently.
- 9.10 WSOC WCup JWSOC A late replacement must be placed in the start list in the least advantageous position.
- 9.14 New general rule about allocating competitors to starting groups.
- 16.7 Where the winning time is expressed as an interval, the course must be planned with the aim of achieving a winning time at the middle point of the interval. Subsequent rules renumbered.
- 16.8 16.9 16.10 WSOC WCup JWSOC Changed “sum of fastest times for all legs” in a relay to “overall winning time”.
- 21.2 Minimum height for figures on numbers removed.
- 21.8 The use of any fluorinated waxing products is forbidden.
- 23.5 In races with mass or chasing starts, the results may show tenths of a second.
- 24.4 No need to print out and distribute results. Add previous rule 24.16
- 24.10 WSOC WCup JWSOC No need to print out and distribute results.
- 24.16 Rule deleted as it is now included in 24.4. Subsequent rules renumbered.
- 26.10 Wording inserted from 29.8 about suspension from future competitions
- 29.8 Rule moved to 26. Subsequent rules renumbered
- 30.1 Replace “jury has dispersed” by “jury is no longer active”
- 30.3 Appeals should be sent to IOF Office
- Appendix 12 updated in line with 21.8